



UMS Class Schedule

umsKICK.com

Effective: Sep. 5th 2017 Tuesday

* Children's Taekwondo Classes * (3 -10 yrs olds.)						
	Mon	Tue	Wed	Thr	Fri	Sat
No belt, White, yellow, Orange, Green	5:55 – 6:40		6 - 6:45	6:25 - 7:10	5:20 - 6:05	
Purple	5:10 – 5:55		4:40 – 5:20	6:25 - 7:10	5:20 – 6:05	
Blue, Super Blue, Brown, Super Brown Red, Super Red, Semi Black Belt	5:10 - 5:55	6:25-7:10	4:40 - 5:20		6:05– 6:50	11:15-11:55
Little Tigers (3 – 4 yrs)		5:10-5:45		5:10-5:45		10:00-10:35
Dragon All (5 – 6 yrs)		5:45 - 6:25	5:20 - 6	5:45 - 6:25	4:40 – 5:20	10:35-11:15

* Adults, Family & Teen Classes *						
	Mon	Tue	Wed	Thr	Fri	Sat
Adults Taekwondo		7:10 – 7:55		7:10 – 7:55		11:55-12:40
Family Taekwondo		7:10 – 7:55		7:10 – 7:55		11:55 -12:40
		Adults – Mat		Adults – Mat		Adults – Mat
		Child Room B		Child Room B		Child Room B
Teens 11-15yrs Taekwondo	6:15 - 7:00		6:15 - 7:00		6:05 – 6:50	
Adult Hapkido		7:50 – 8:40		7:50 – 8:40		11:55-12:40 open mat
M M A Mixed Martial Arts	7pm – 7:50		7pm – 7:50		6:50 – 7:35	
	Adults - Mat		Adults - Mat		Adults - Mat	
	Child-Room B		Child-Room B		Child –Room B	
M M A Sparring	7:50 – 8:20		7:50 – 8:20		7:35 – 8pm	

CLASS ATTENDANCE NOTES

- Students are allowed to take one class per day.
- Dragons & older student may take family class only if they practice with family member. 5 yrs. & up
- During schools' seasonal camp/break, UMS will still have regular class.