



US Martial Arts Academy

834 Ohio Pike (Beechmont Ave.) Cincinnati, OH 45245

(513) 752-KICK www.usmaa.net

Little Grasshopper: Ages 5 & Under Youth: Ages 6 - 9 Junior: Ages 10 - 15 Adult: Ages 16 & UP

Class		Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	
Kempo Karate Program	Little Grasshopper	5:45 - 6:15	5:00 - 5:30		5:00 - 5:30	<i>Last Friday of every month is reserved for testing, some may vary due to holidays.</i> 5:15 - 6:15 JUNIOR 6:30 - 7:30 YOUTH 7:45 - 8:45 ADULT 6:15 - 7:15 Staff Meeting	BLACK BELT CLUB YOUTH 10:00 - 11:00am JUNIOR & ADULT 11:00am - 12:00	
	Youth White - Green	7:00 - 7:45	5:30 - 6:15	7:00 - 7:45	5:30 - 6:15			
	Youth Blue - Black	5:00 - 5:45	7:00 - 7:45	5:00 - 5:45	7:00 - 7:45			
	Junior All Ranks	6:15 - 7:00	6:15 - 7:00	6:15 - 7:00	6:15 - 7:00			
	Adult All Ranks		7:45 - 8:45	Mat 2 5:00 - 6:15	7:45 - 8:45			
								Mat 2 Brazilian Jiu - Jitsu 10:00 - 11:00
Youth Skills				5:45 - 6:15				
Cardio Kickboxing		Mat 2 7:15 - 8:00	Mat 2 7:15 - 8:00		Mat 2 7:15 - 8:00			
Brazilian Jiu-Jitsu		8:00 - 9:15		8:00 - 9:15			Sunday	
Kids Jiu-Jitsu		Mat 2 6:15 - 7:15		Mat 2 6:15 - 7:15				

Morning "Summer" Class Schedule
Thursdays

Grasshoppers 10:00am	Youth (White -Black) 10:30am
	Junior/Adult (OPEN) Mat 2 - 10:00am

Martial Arts

First step is to complete the "Introductory Program" Consisting of: **FREE** Trial Classes, **FREE** Beginner DVD, **FREE** T-Shirt.

No Obligation!

Cardio Kickboxing, Brazilian Jiu-Jitsu,

FREE trial Classes!

No Obligation!