



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 White - Green		7:45 - 8:30	Mat 2 5:00 - 6:15	7:45 - 8:30		
	Adult Blue - Black		8:30 - 9:15	Mat 2 5:00 - 6:15	8:30 - 9:15		
Youth Tumbling				5:45 - 6:15			
Cardio Kickboxing		Mat 2 7:15 - 8:00		Mat 2 7:15 - 8:00			9:00 - 9:45
ZUMBA			Mat 2 6:15 - 7:15		Mat 2 6:15 - 7:15		Mat 2 9:00 - 10:00
ZUMBA - Kids			Mat 2 5:30 - 6:15				
Brazilian Jiu-Jitsu		8:00 - 9:15		8:00 - 9:15	Mat 2 7:15 - 8:00 OPEN		Sunday 6:30 - 8:30 Brazilian Jiu - Jitsu
Kids Jiu-Jitsu		Mat 2 6:15 - 7:00		Mat 2 6:15 - 7:00	Mat 2 7:15 - 8:00 OPEN		
Aikido		Mat 2 8:00 - 9:00		Mat 2 8:00 - 9:00	Mat 2 8:00 - 9:00		

Morning "Summer" Class Schedule
 Thursdays (June - August)

Grasshoppers 10:00am	Youth (White -Green) - 10:30am
Youth (Blue - Black) - 11:15am	Junior/ Adult (OPEN) Mat 2 - 10:00am

Martial Arts

First step is to complete the "Introductory Program" Consisting of: A Private Lesson, 2 Weeks of Group Classes and a FREE Uniform for only \$19.95 **No Obligation!**

Cardio Kickboxing, Zumba, Brazilian Jiu-Jitsu, Aikido

2 free trial classes!
No Obligation!