



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	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	Morning 10:00 - 11:00	7:45 - 8:45		
						6:15 - 7:15 Staff Meeting	Mat 2 Brazilian Jiu - Jitsu
	Cardio Kickboxing	view cardio schedule	view cardio schedule	view cardio schedule	view cardio schedule		
	Brazilian Jiu-Jitsu	8:00 - 9:15		8:00 - 9:15			Sunday
	Kids Jiu-Jitsu		Mat 2 6:15 - 7:30				

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!

FREE trial Classes!
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