

WOODBURY
Middle Quarter Mall
744 Main Street South
(203) 266-9172



USA MARTIAL ARTS

NAUGATUCK
Crosspointe Plaza
799 New Haven Road
(203) 720-2147

WOODBURY DOJANG PROGRAM SCHEDULE

MONDAY

5:30 PM	6:00 PM	Weapons: Nun chaku (1st & 3rd Monday)	Black Belt Club Only
6:05 PM	7:00 PM	Weapons: Sai (2nd & 4th Monday)	Black Belt Club Only
7:05 PM	8:00 PM	Juniors (Ages 7-12) ~ Advanced: Apprentice Red to Black	
8:05 PM	8:30 PM	Adults & Teens (Ages 13+) ~ All Belts	
		Weapons: Sword / Whip Chain / Fan	Black Belt Club Only

TUESDAY

9:30 AM	10:30 AM	Adults (Ages 13+) ~ All Belts	
5:00 PM	5:45 PM	Kid Kicks (Ages 5-6)	
6:05 PM	7:00 PM	Juniors (Ages 7-12) ~ Beginner: White to Apprentice Red	
7:00 PM	8:00 PM	X-Treme Martial Arts (1st Tuesday Only)	Black Belt Club Only

WEDNESDAY

5:30 PM	6:30 PM	Black Belts Juniors (Ages 10-13)	Black Belt Club Only
6:30 PM	6:55 PM	Weapons: Advanced Bo Staff	Black Belt Club Only
7:00 PM	8:00 PM	Black Belts Adults & Teens (Ages 14+)	Black Belt Club Only

THURSDAY

5:00 PM	5:45 PM	Kid Kicks (Ages 5-6)	
6:00 PM	7:00 PM	Juniors & Adults (Ages 7+) ~ White to Apprentice Black	
7:00 PM	8:00 PM	Tai Chi (Ages 12+) *	

FRIDAY

6:00 PM	7:00 PM	Family Class: All Ages (7+) ~ All Belts	
7:00 PM	7:45 PM	Family Jujitsu (Ages 9+)	Black Belt Club Only

SATURDAY

8:30 AM	9:00 AM	Little Ninjas (Ages 3-4)	
9:00 AM	9:45 AM	Kid Kicks (Ages 5-6)	
9:50 AM	10:40 AM	Juniors (Ages 7-11) ~ Beginner: White to Apprentice Red	
10:45 AM	11:40 AM	Juniors (Ages 7-11) ~ Red to Black	
11:45 AM	12:45 PM	Adults & Teens (Ages 12+) ~ All Belts	
12:45 PM	1:15 PM	Weapons: Beginner Bo Staff	Black Belt Club Only

SUNDAY

8:00 AM	10:00 AM	Forms - Adults & Teens (1st Sunday Only)	Black Belt Club Only
10:00 AM	11:00 AM	Yoga - Adults (Ages 14+)	

* Tai Chi and Yoga classes are separate programs and have a separate fee.

- Standard USA Martial Arts Membership includes two (2) karate classes per week
- Black Belt Club: Purple Belts and up. Additional \$19.95 per month (requires one-time registration fee of \$25)
 - includes three (3) karate classes, one (1) weapons class, and one (1) Jujitsu class per week

Monthly Tuition Schedule

Ages 7+	\$99
Ages 5-6	\$89
Ages 3-4 (1 class/week)	\$35
Tai Chi (10 Week Session)	\$120
Yoga (Monthly)	\$30 EFT / \$40 cash

Effective: November 1, 2018

FAMILY SPECIAL

2nd family add-on:
\$20 DISCOUNT

Each additional family add-on:
\$30 DISCOUNT

www.usamartialartsct.com