

Ultimate Power Martial Arts & Fitness Center

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
4:00 - 4:30 Afterschool Program	4:00 - 4:30 Afterschool Program	4:00 - 4:30 Afterschool Program	4:00 - 4:30 Afterschool Program	4:00 - 4:30 Afterschool Program	10:00 – 12:00 AM Team Training/Open Mat*
4:30 - 5:00 Little Ninjas Program	5:00 - 5:45 BBC/MC Creative/Extreme Forms	4:30 - 5:00 Little Ninjas Program	5:00 - 5:45 BBC/MC Creative/Extreme Forms	4:30 - 5:00 Mighty Ninjas	10:00 - 11:00 AM Martial Arts Tumbling
5:00 - 5:45 Yellow & Under Belts	5:00-5:45 Beginner M.A. Tumbling	5:00 - 5:45 Yellow & Under Belts	5:00-5:45 Beginner M.A. Tumbling	5:00 - 5:45 Yellow & Under Belts	Private Classes
5:30-6:00 Tiny Tots Tumbling	6:00 - 6:45 Beg./Int. M.A. Tumbling	5:45 – 7:15 Sparring Beg-Adv	6:00 - 6:45 Beg./Int. M.A. Tumbling	6:00 - 6:45 Intermediate & Advanced Belts	
6:00 – 7:00 Intermediate & Advanced Belts	6:00 - 6:45 BBC/MC Bo Class	7:15-8:15 Open Mat	6:00 – 6:45 Intermediate/Advanced Sparring Class	7:00 – 7:45 BBC/MC Kama Class	Ultimate Power Martial Arts & Fitness Center 407-826-1994 www.upmafc.com Martial Arts Schedule  Updated September 2017
7:00-8:00 BBC/MC Sword Class	6:45 – 7:30 Intermediate M.A. Tumbling	Private Classes	6:45 – 7:30 Intermediate M.A. Tumbling	7:00-8:00 Open Mat	
Private Classes	7:00 – 8:00 BBC/MC Japanese Goju Ryu (Advanced Competition) 7:00 – 8:00 Open Mat 7:45 – 8:30 Advanced M.A. Tumbling	Private Classes	7:15 - 8:00 BBC/MC Nun Chucks Class Private Classes 7:45-8:30 Advanced M.A. Tumbling	Private Classes	

BBC =Black Belt Club

Please be prepared and plan on arriving on 10 minutes before class starts. If you arrive more than 15 late – you will NOT be allowed to join the class.

Full uniform is required on Monday & Friday – You will not be allowed to take class if you're not wearing full uniform.

MC = Masters Club

Team training is every other week