

MARTIAL ARTS

All classes are included in a Universal membership. Students are required to purchase a uniform after a 4-week trial period of starting a class. Students are required to bring all sparring gear and appropriate equipment to each class. Students can store their sparring equipment at Universal by renting a locker.

YOUNG TIGERS

Ages 4 - 6. These classes are structured to help students increase their focus, strength, self-control and self-esteem through fun and age-appropriate martial arts activities. These classes introduce basic martial arts concepts, techniques, and etiquette to prepare students to enter the main evening program.

BELT RANKED CLASSES

Yellow, High-Yellow, Green, High-Green, Blue, High-Blue, Red, High-Red, Black Ages 7 and older. These classes are for students who have earned the belt rank listed for each class. Students will continue their study of martial arts at each level as they increase concentration, self-discipline, flexibility and balance through the study of their curriculum. Students will be exposed to new and challenging kicks, forms and techniques in preparation for their Black Belt test.

PLEASE NOTE: Students can store their sparring equipment at Universal by renting a locker. Please contact a Universal Member Services Representative for more information. Please see a martial arts instructor to purchase uniforms or sparring equipment.

CLASS SCHEDULE

updated 9/1/19

EFFECTIVE TUESDAY, SEPTEMBER 3RD

YOUNG TIGERS CLASS SCHEDULE (ages 4-6)

MONDAY & WEDNESDAY

4:30pm-5pm	White & Yellow Belts
5pm-5:30pm	High Yellow to Black Belts

ADULT CLASS SCHEDULE (ages 6 & up)

MONDAY, TUESDAY & THURSDAY

5:30pm-6:15pm	White & Yellow Belts
6:15pm-7pm	High Yellow to Blue Belts
7pm-7:45pm	High Blue Belts to Black Belts

WEDNESDAY (TKD Techniques)

5:30pm-6:30pm	High Yellow to Black Belts only
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Martial Arts classes are included in a club membership. "Martial Arts Only" memberships are also available to the general public. Please ask a Member Services Representative for details.



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www.UniversalAthleticClub.com

