MARTIAL ARTS CLASS SCHEDULE

Effective 8/24/26

Included with club membership : Must be age 7 or older

TUESDAYS

6:15pm-7:15pm

Technique Training for All Belt Ranks

THURSDAYS

6pm-6:45pm, White & Yellow

Alternates weekly, Poomsae Stances & Sparring Techniques

6:45pm-7:45pm, High Yellow to Black Belts

Alternates weekly, Poomsae Form & Contact Sparring

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: Please see a martial arts instructor to purchase uniforms or sparring equipment. Along with purchasing sparring gear, all students must purchase Martial Arts insurance.
This fee renews each year on January 1st and is valid until December 31st. The cost for is $50.00

UNIVERSAL ATHLETIC CLUB MARTIAL ARTS

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.