



159 E. FOOTHILL BL ARCADIA, CA 91006 Tel 626-358-8899
www.BestUStkd.com

America's Premier Family Martial Arts Studio
Develop a strong body, mind, and spirit!



CLASS SCHEDULE

Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Open 9:00 AM 3:00 PM	2 - 3 day Per Week Beginner - White, Yellow, Orange Intermediate I - Purple, Purple- Sr, Green, Green-Sr Intermediate II - Blue, Blue-Sr Brown, Brown-Sr, Advance - Red, Danbo, Black					9:30-10:15am Advance Intermediate II (Adult Mixed)
3:15 4:00	All Belt	All Belt	All Belt	All Belt	Sparring All Belt	10:15-11:00am All Belt Make Up Class
4:30 5:15	Beginner Intermediate I	Intermediate II Advance	Beginner Intermediate I	Intermediate II Advance	Sparring Advance Intermediate	
5:15 6:00	Intermediate I Intermediate II	Beginner Intermediate I	Intermediate I Intermediate II	Beginner Intermediate I	Sparring All Belt	11:00-11:45am Olympic Sparring (All Belt)
6:00 6:45	Beginner Intermediate I	Intermediate I Intermediate II	Beginner Intermediate I	Intermediate I Intermediate II	Sparring All Belt	Sparring Equipment Required
6:45 7:30	Intermediate I Intermediate II	Beginner Intermediate I	Intermediate I Intermediate II	Beginner Intermediate I		
7:40 8:30	Adult Mixed All Belt		Adult Mixed All Belt	Adult Mixed Sparring		

**Winners Never Quit-Quitters Never Win.
 I Choose To Be a Winner**