



PROSPER/CELINA LOCATION



1049 N. Preston Rd Ste 60; Prosper, Texas 75078

Effective January 2nd, 2012

Visit us at www.USAMartialArtsFitness.com

CLASSES	MON	TUES	WED	THURS	FRI	SAT (AM)	USA MARTIAL ARTS LEADERSHIP ACADEMY SCHOOL POLICIES <input checked="" type="checkbox"/> PLEASE ARRIVE 10-15 MINUTES PRIOR TO CLASSTIME <input checked="" type="checkbox"/> REMAIN IN PROPER WARMUP AREA <input checked="" type="checkbox"/> NEVER DISTURB CLASS IN SESSION <input checked="" type="checkbox"/> QUIETLY STRETCH AND PREPARE FOR CLASS <input checked="" type="checkbox"/> ALL JEWELRY MUST BE REMOVED PRIOR TO CLASS <input checked="" type="checkbox"/> ALL VALUABLES SHOULD BE LEFT IN YOUR CAR <input checked="" type="checkbox"/> CLEAN UNIFORM AND HYGIENE HABITS ARE A MUST <input checked="" type="checkbox"/> USA MARTIAL ARTS T-SHIRTS CAN BE WORN ON SATURDAYS <input checked="" type="checkbox"/> ALL GUESTS SHOULD REMAIN IN SEATING AREA <input checked="" type="checkbox"/> ALL BELONGINGS SHOULD BE PLACED IN DESIGNATED AREA <input checked="" type="checkbox"/> CHILDREN MUST REMAIN IN WAITING ROOM
KICKBOXING/AEROBICS	TBA	TBA	TBA	TBA	Private Lessons Available		
FAMILY CLASS						9:30 – 10:00	
LITTLE DRAGONS (3½ – 5½)	3:15 – 3:45		3:15 – 3:45			10:00 – 10:30	
LITTLE DRAGONS BBC (3½ – 5½)		3:45 – 4:15		3:45 – 4:15		10:00 – 10:30	
KID'S BASIC (5 – 12)	3:45 – 4:15	5:00 – 5:30	3:45 – 4:15	5:00 – 5:30		10:30 – 11:00	
MASTER'S CLUB 1 (Beginner)	6:15 – 7:00	4:15 – 5:00	6:15 – 7:00	4:15 – 5:00		11:00 – 11:45	
MASTER'S CLUB 2 (Intermediate)	4:15 – 5:00	5:30 – 6:15	4:15 – 5:00	5:30 – 6:15		11:00 – 11:45	
LEADERSHIP	5:00 – 5:30		5:00 – 5:30				
MASTER'S CLUB 3 (Advanced-Invite Only)	5:30 – 6:15	6:15 – 7:00	5:30 – 6:15	6:15 – 7:00		11:00 – 11:45	
BLACK BELT CLASS	7:00 – 7:45						
ADULT & TEEN MASTER'S CLUB		7:00 – 7:45		7:00 – 7:45		11:45 – 12:30	
ADULT & TEEN MC (Advanced-Invite Only)		7:45 – 8:30*		7:45 – 8:30*		12:30 – 1:00*	
Prosper/Celina 972.347.3188 office 972.347.3185 fax www.USAMartialArtsFitness.com	HAVE YOUR BIRTHDAY PARTY HERE!! Just bring your camera, sit back, and enjoy...We do all the work!! Each 90 minute party includes an exciting martial arts lesson developing team work through games and drills! Gift certificates for all kids, and a black belt for the birthday child to wear during the party! Contact Mr. Potter for more details at 972.347.3188					2012 Graduation Dates January 28th March 3rd April 7th May 5th June 2nd	