

Su	Mon	Tue	Wed	Thu	Fri	Sat
	<b>1</b> Requirements	<b>2</b> Requirements	<b>3</b> Kata	<b>4</b> Kata	<b>5</b> Coach Michelle and Riley fight	<b>6</b> Grappling
<b>7</b>	<b>8</b> Grappling Wear your shorts	<b>9</b> Grappling Wear your shorts	<b>10</b> Sparring Bring your gear	<b>11</b> Sparring Bring your gear	<b>12</b> Private Lessons available	<b>13</b> Self-Defense
<b>14</b>	<b>15</b> Self-Defense	<b>16</b> Self-Defense	<b>17</b> Requirements	<b>18</b> Requirements	<b>19</b> Private Lessons Available	<b>20</b> Requirements MOVIE NIGHT 6-10pm
<b>21</b>	<b>22</b> Sparring Bring your gear	<b>23</b> Sparring Bring your gear	<b>24</b> Self-defense	<b>25</b> Self-Defense	<b>26</b> Private Lessons Available	<b>27</b> Kicking Drills
<b>28</b>	<b>29</b> Grappling Wear your shorts	<b>30</b> Grappling Wear your shorts	<b>31</b> Requirements	<b>Refer a new member and receive a fight ticket for the March 5th or March 20th fight!!!</b>		

**Fitness Kickboxing**

Mornings: Tues & Thurs 9:30 am  
Saturday: 9:00 a.m.  
Evenings: Mon. & Wed : 5:15 & 6:45 pm  
Tues & Thurs.: 5:30 & 7:00 pm  
Friday: 5:15 pm

**MUAY THAI KICKBOXING CLASS**

Mornings: Mon/Wed/Fri: 11:00 am  
Sat: 11:15 am  
Evenings: Mon & Wed: 6:00 pm & 7:30 pm  
Tues & Thurs: 4:45 pm  
Friday: 6:00pm

**Kids      Grappling      Adults**

Mon & Wed: 5:00 pm      Mon & Wed: 6:30 pm  
Tues & Thur: 6:15 pm      Tues & Thur : 7:00 pm  
Saturday: 10:30 am      Saturday: 10:30 am

**March Events**

**-March 5: Coach Michelle and Riley Miller have a Muay Thai fight!**

**-March 20: Raymond Mendiaz fights at Knotts Berry Farm!**

**Tickets at the front desk**

**-March 20: MOVIE NIGHT 6-10pm**

**Plan your Birthday party at USKO!!!!**

**Mon./ Wed. Class Schedule**

3:45pm- All Blue, Red, & Black belts  
4:30pm- Pee Wee, White belts & Orange belts  
5:15pm- All Purple & Green belts  
6:00pm- Pee Wee, White belts, & Orange belts

**Saturday Morning Classes**

Sr. 9:00 a.m. All Belts  
Jr. 9:00 a.m. Grn/Wht-Black  
Jr 9:45 a.m. White-Purple belts

**Tues./ Thurs. Class Schedule**

3:30pm- Pee Wee, White belts, & Orange belts  
4:15pm- All Purple & Green belts  
5:00pm- Pee Wee, White belts, & Orange belts  
5:45pm- All Blue, Red, & Black belts  
6:30pm- All Ranks

**Gym Hours**

Mon-Thurs: 9:00 am- 830 pm  
Friday: 10:00 am-7:00 pm  
Saturday: 9:00 am-12:00 pm

**Kids Muay Thai**

Mon & Wed: 5:45 pm  
Tues & Thurs: 5:30 pm

**Fitness Boot Camp**

Mon/Wed/Fri 6:00 am  
Tues/Thurs 6:15 pm