

Sun	Mon	Tue	Wed	Thu	Fri	Sat
Congratulations to Our BJJ Students on the NABJJ Tournament!!			1 Self-Defense	2 Self-Defense	3 Private Lessons Available	4 Requirements
5	6 Kata	7 Kata	8 Sparring	9 Sparring	10 Private Lessons Available	11 Self-Defense
12	13 Requirements	14 Advanced Training 7:15pm Requirements	15 Kata	16 Kata	17 Private Lessons Available	18 Sparring USKO Fighter at Adrenaline
19	20 President's Day DOJO CLOSED	21 Self-Defense	22 Requirements	23 Requirements	24 Private Lessons Available	25 Kata
26	27 Sparring	28 Sparring	29 Self-Defense	Give USKO 2 Online Reviews and Receive a Free T-shirt!!		

Fitness Kickboxing
Mornings: Tues & Thurs 7:00 am & 9:30 am
Saturday: 9:00 a.m.
Evenings: Mon. & Wed : 3:30, 5:15 & 6:45 pm
Tues & Thurs.: 5:30 & 7:00 pm
Friday: 5:15 pm

Adult Muay Thai Kickboxing
Mornings: Mon/Wed/Fri: 11:00 am
Sat: 11:00 am
Evenings: Mon & Wed: 6:00 pm
Tues & Thurs: 4:45 pm
Tues & Thurs: 6:00pm - **Ladies Only**
Friday: 6:00pm

Adult Brazilian Jiu-Jitsu
Evenings: Wednesday 5:00pm
Tues & Thurs 7:00pm
Saturday: 10:00 am

Adult Mixed Martial Arts
Evenings: Wednesday 7:00pm **NEW!!**

Fitness Bootcamp
Mornings: Mon & Wed 6:00 am
Tues & Thurs 5:30 am
Friday 6:30am
Evenings: Mon & Wed 4:30pm
Tues & Thurs 6:15 pm

Martial Arts Mon./ Wed. Class Schedule
3:30pm- All Blue, Red, & Black belts
4:15pm- BBA
4:30pm- Pee Wee, White belts & Orange belts
5:15pm- All Purple & Green belts
5:15pm- Adult All Rank (Instructed)
6:00pm- BBA
6:15pm- Pee Wee, White belts, & Orange belts

Wednesday, February 1 New Adult MMA Classes Begin at 7pm!!

Tuesday, February 14 Advanced Training with Sensei Ernie Valadez 7:15pm

Saturday, February 18 USKO Fighter at Adrenaline in San Bernardino

Monday, February 20 DOJO CLOSED - President's Day

Refer a Member and Receive a Free Private Lesson

HAVE YOUR BIRTHDAY PARTY AT USKO!

Martial Arts Tues./ Thurs. Class Schedule
3:30pm- Pee Wee, White belts, Orange belts
4:15pm- All Purple & Green belts
5:00pm- BBA
5:15pm- Pee Wee, White belts, Orange belts
6:00pm- All Blue, Red, & Black belts
6:45pm- BBA
6:45pm- Adult All Rank (Open Mat)
7:00pm- All Ranks
7:45pm- BBA

Martial Arts Saturday Morning Schedule
9:00am - All Belts - Advance
9:00am - Grn/Wht - Black
9:45am - BBA
10:00am - White - Purple belts

Kids Brazilian Jiu-Jitsu
Mon/Wed: 4:15 pm
Tues/Thurs: 6:15pm
Saturday: 10:00 am

Kids Muay Thai
Mon/Wed: 5:15 pm
Tues/Thurs: 5:30 pm

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