



# USTMA Berryville Weekly Schedule



Time	Monday	Tuesday	Wednesday	Thursday	Friday
4:00-4:50pm	Children (All Belts)	Children (All Belts)	Children (All Belts)	Children (All Belts)	Children (All Belts)
5:00-5:50pm	Beginner (No Belt - Yellow Belt)	Beginner (No Belt - Yellow Belt)	Sparring (Orange Belt & Above)	Beginner (No Belt - Yellow Belt)	Sparring (Orange Belt & Above)
6:00-6:50pm	Family (All Belts/Ages)	Family (All Belts/Ages)	Family (All Belts/Ages)	Family (All Belts/Ages)	

Held at the Leesburg Dojang →

Super Juniors	Wednesdays/Fridays: 4:15-5:00pm; Saturdays 10am-11am outdoor workout	ShinHwa Demo	Mondays/Wednesdays: 5:45-6:15pm
C-Crew	Wednesdays: 6:30-7:30pm; Fridays: 6-8:00pm; Saturdays 8:30-11:30am indoor/outdoor workout	Rise Up	Mon./Wed./Fridays: 6-7pm, Saturdays 12-1pm