



# USTMA Leesburg Weekly Schedule



Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
9:00-9:45am						Will Over Weakness—WOW (14+)
10:00-10:45am						Family (All Belts/Ages)
10:45-11:30am						Family (All Belts/Ages)
11:30am-12:15pm						Sparring (Orange Belt & Above)
12:00-12:45pm		Family (All Belts/Ages)		Family (All Belts/Ages)		
12:15-1:00pm						Bo-Black & Black Belt
3:00-4:15pm	After School Program	After School Program	After School Program	After School Program	After School Program	
4:15-5:00pm	No Belt--Purple Belt	Family (All Belts/Ages)	Weapons (Orange Belt & Above)	No Belt--Purple Belt	Sparring (Orange Belt & Above)	
5:00-5:45pm	Lt. Blue--Black Belt	Family (All Belts/Ages)	Sparring (Orange Belt & Above)	Children In Action (CIA)	Bo-Black & Black Belt	
5:45-6:30pm		Bo-Black & Black Belt		Lt. Blue--Black Belt		
6:30-7:15pm	Family (All Belts/Ages)	Family (All Belts/Ages)	Family (All Belts/Ages)	Family (All Belts/Ages)		
7:20-8:05pm	Instructors	Adult (14+)	Adult (14+)	Adult (14+)		

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