

TIMES	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
8:30AM						
9:30AM						
10:00AM 4:00PM	-----PRIVATE LESSONS-----					
4:00pm	KIDS GREEN	KIDS WHITE YELLOW	KIDS WHITE YELLOW	KIDS WHITE YELLOW	KIDS PURPLE - BLUE SPARRING	
5:00pm	KIDS BLUE	KIDS PURPLE ORANGE	KIDS GREEN - RED	KIDS PURPLE ORANGE	KIDS RED BLACK SPARRING	
6:00PM	ALL AGES RED BELTS	ADULT WHITE - ORANGE	ALL AGES JR Black Belts	ADULT WHITE - ORANGE	ADULT ALL BELT SPARRING	
7:00PM	ALL AGES BLACK BELTS	ADULT GREEN - RED	ALL AGES BLACK BELT	ADULT GREEN - RED		
8:00PM		ADULT MMA	ADULT ALL BELTS	ADULT MMA		
9:00PM		ADULT MMA	ADULT MMA	ADULT MMA		

TAEKWONDO - Traditional Korean "World Taekwondo" (WT) Martial Arts. For Ages 5 - Adult. Belt promotion testing every 8 weeks, if approved by instructor. The art of taekwondo focuses on punching and kicking. Black Belts are certified and documented, for a lifetime through Korea.

ADULT MMA - Non-Traditional / No-Gi Martial Arts. Not limited to submission grappling, Jiu Jitsu, Muay Thai, boxing, wrestling, kickboxing, and self-defense. Ages 17 and up

FIND US ON FACEBOOK @ Black Belt USA Battleground MMA

WWW.BlackBeltUSALakewood.com

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