

TIMES	MONDAY	TUESDAY	WEDS	THURS	FRIDAY	SAT
8:30AM						ALL AGES WHITE - ORANGE
9:30AM						ALL AGES GREEN - BLACK
10:00AM 4:00PM	-----PRIVATE LESSONS-----					
4:00pm	KIDS WHITE YELLOW	KIDS PURPLE ORANGE	KIDS WHITE YELLOW		KIDS PURPLE - BLUE SPARRING	
5:00pm	KIDS GREEN	KIDS WHITE YELLOW	ALL AGES TOURNAMENT CLASS	4:30pm KIDS WHITE YELLOW	KIDS RED- BLACK SPARRING	
6:00PM	KIDS BLUE	ADULT WHITE - ORANGE	KIDS GREEN - RED	5:30pm KIDS PURPLE ORANGE	ALL AGES TOURNAMENT SPARRING	
7:00PM	ALL AGES RED-BLACK BELTS	ADULT GREEN - RED	ALL AGES BLACK BELT	6:30pm ADULT WHITE - ORANGE	ADULT ALL BELT SPARRING	
8:00PM		ADULT MMA	ADULT GREEN - RED	7:30pm ADULT MMA	ADULT MMA	
9:00PM		ADULT MMA		8:30pm 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 in 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
 BLACK BELT USA BATTLEGROUNDS MMA, 5943 Steilacoom Blvd SW
 Lakewood WA 98499 / **253 584 5966**
WWW.BlackBeltUSALakewood.com

BLACK BELT USA* BATTLEGROUNDS MMA

5943 STEILACOOM BLVD, LAKEWOOD, WA 98499

(Corner of Steilacoom & Bridgeport)