



UNITED MARTIAL ARTS & FITNESS ACADEMY **WILLETTON**

SIGN UP NOW FOR FREE TRIAL LESSON!

Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
8:30 - 9:20						Private Lesson
9:30 - 10:00						Little Tigers (3-6)
9:30 - 10:20	Box, Kick & Burn	Box, Kick & Burn	Box, Kick & Burn	Box, Kick & Burn	Box, Kick & Burn	
10:00 - 10:45						Panthers&Lions (White, Yellow)
10:45 - 11:30						Panthers&Lions (Blue & Above)
11:30 - 12:20						Adult TKD MMA
3:35 - 4:05	Little Tigers (3-6)	Little Tigers (3-6)	Little Tigers (3-6)	Little Tigers (3-6)	Little Tigers (3-6)	12:20 - 13:30 Olympic TKD Sparring at UMA COCKBURN
4:15 - 5:00	Panthers TKD (7-9) (White, Yellow)	Panthers TKD (7-9)	Panthers & Lions (White, Yellow)	Panthers & Lions (White, Yellow)	Panthers TKD (7-9)	
5:00 - 5:45	Panthers TKD (7-9) (Blue1 & Above)	Lions TKD (10-14)	Panthers & Lions (Blue, Brown)	Panthers & Lions (Blue, Brown)	Lions TKD (10-14)	
5:45 - 6:30	Lions TKD (10-14)	Extreme Weapons & Kicking	Panthers & Lions & Adult TKD (Red, Black)	Panthers & Lions & Adult TKD (Red, Black)	Extreme Weapons & Kicking	
6:30 - 7:20	Adult TKD	Adult TKD	Intensive Athlete Development Program at UMA COCKBURN	Adult TKD	Adult TKD	
					MMA	
7:20 - 8:10	MMA	MMA	Olympic TKD Sparring & Competition Pattern	MMA	Private Lesson	

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