

United Martial Arts Center

1780 Monroe Avenue (near 12 Corners)
Rochester, NY 14618

Phone: (585) 461-1070

Selfdefensecenter.com

Effective June 11, 2008

Brighton School Class Schedule

All times are **PM** unless otherwise noted.

	Monday (A)	Tuesday (A)	Wednesday (B)	Thursday (B)	Friday (A)	Saturday (B)
Little Dragons Karate All Belts	5:15	3:45 5:30	5:15	3:45 5:30	3:45	9:00 AM
Junior Karate White - Green	3:45	4:30	3:45	4:30	4:30	9:45 AM
Junior Karate Adv. Green - Black	4:30	6:15	4:30	6:15	4:30	9:45 AM
Junior Karate Masters Club					5:15	
Adult Karate All Belts	7:00		7:00			10:30 AM
Shingitai Jujitsu All Belts		7:00		7:00 Functional SD		10:30 AM
Fitness Kickboxing	5:45 Kombat Konditioning	5:30 Ultimate Bag Class		5:30 Ultimate Bag Class		9:00 AM Ultimate Bag Class
Body Shaping			5:45 UMAC Boot Camp			10:30 AM Power Fusion
Yoga						Sunday 10:00 AM

- Little Dragons: Children 4-7, Juniors: Youth 8-14, Adults: 15 and up (approximate ages)
- Karate & Jujitsu students should attend one (A) class and one (B) class each week.
- Class length is as follows: Little Dragons: 35-45 minutes, Juniors: 45 minutes, Adults: 60-90 minutes.
- Private classes are available for all programs. These classes are for extra help and faster progress. Please see an instructor regarding rates and availability.
- Babysitting is available at each fitness class marked "(babysitting)".

United Martial Arts Center

160 School Street (across from Post Office)
Victor, NY 14564

Phone: (585) 924-7450
Selfdefensecenter.com
Effective June 11, 2008

Victor School Class Schedule

All times are **PM** unless otherwise noted.

	Monday (A)	Tuesday (A)	Wednesday (B)	Thursday (B)	Friday (A)	Saturday (B)
Little Dragons Karate All Belts	4:30	4:30	4:30	4:30	4:30	9:00 AM
Little Dragons Karate White - Adv. Yellow		5:30		5:30		
Junior Karate All Belts	3:45	3:45 6:15	3:45	3:45 6:15	3:45	9:45 AM
Junior Karate Adv. Green - Black	5:30		5:30			
Adult Karate All Belts		7:00	12:00	7:00		10:30 AM
Shingitai Jujitsu All Belts	7:00		12:00 7:00			10:30 AM
Fitness Kickboxing Ultimate Bag Class	6:00 <i>(babysitting)</i>		6:00 <i>(babysitting)</i>			9:00 AM <i>(babysitting)</i>
UMAC Boot Camp		6:00 <i>(babysitting)</i>		6:00 <i>(babysitting)</i>	10:00 AM	
Yoga	4:30 <i>(babysitting)</i>		4:30 <i>(babysitting)</i>			
Fusion Fitness	10:00 AM Power Core <i>(babysitting)</i>	10:00 AM <i>(babysitting)</i>		10:00 AM <i>(babysitting)</i>		
Martial Fit	7:15		7:15			

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