

Owner/Instructor

6th D. Black Belt
Master Rob Nelson



School Phone: 218-692-3415

Web Page: ultimate-martialarts.com

E-mail: karate@crosslake.net

Instructors:

Mr. Ben Sabas 3rd D.

Mr. Evan Odegard 2nd D.

Effective 9/14/10

School Address: 34330 Co Rd 3

Crosslake, MN 56442

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	After School Karate 3:45-4:40 Bus Available		After School Karate 3:45-4:40 Bus Available		9:00 AM Contact Mr.Nelson For private class
5:00 Contact Mr.Odegard For private class		4:45-5:30 Juniors/Adults All Levels	4:45-5:15 Superkids Ages 3-5	4:30 Contact Mr.Nelson For private class	9:30-10:00AM Superkids Ages 3-5
5:30-6:15 Juniors/Adults Green & Above	5:15-5:45 Juniors All Levels	5:30 Contact Mr.Odegard For private class	5:15-5:45 Juniors/Adults Jiu-Jitsu /Self Def.	5:00-5:45 Juniors/Adults All Levels	10:00-10:45AM Juniors/Adults New/White/Gold
6:15-7:00 Juniors/Adults New/White/Gold	5:45-6:30 Adults All Levels		5:45-6:30 Juniors/Adults All Levels	5:45-6:15 Forms/Weapons Gold & Above	10:45-11:30AM Juniors/Adults Green-Black
	6:30-7:30 Women's Kickboxing		6:30-7:30 Women's Kickboxing	6:15 Contact Mr.Nelson For private class	11:30AM-12:00PM Sparring/Jiu-Jitsu Juniors/Adults
	7:30 Contact Mr.Sabas For private class		7:30 Contact Mr.Nelson For private class		12:00 Contact Mr.Nelson For private class

Super Kids: Ages 3-5

Juniors: Ages 6-14

Adults/Teens: Ages 14 +

Graduation Day: 6PM-2nd Thursday of the month.

Superkids Graduation 5:30

**No class on Holidays & Graduation Day