

Master Instructor
John Olson
7th Degree Black Belt

SuperKids
Instructor &
Office Director
Lisa Olson



School Hours
Mon - Fri
4:15 to 15 mins after
last class ends

UMA Ham Lake
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MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
A-Curriculum	A- Curriculum	A- Curriculum	B- Theme	A- Curriculum	
4:00 Private Lesson	4:00 Private Lesson	4:00 Private Lesson	4:00 Private Lesson		
4:30 Gold to Green Jr.	4:30 No/White All	4:30 Blue to Black Jr.	4:30 to 5:00 Open Mat All	4:30 Green to Adv. Purple All	
5:00 Purple to Adv Blue Jr.	5:00 Blue to Red Jr.	5:00 Green to Adv. Purple Jr.	5:00 to 5:30 No/White All	5:00 White/Gold All	
5:30 No/White All	5:30 Gold to Adv. Purple Jr.	5:30 White/Gold All	5:30 to 6:00 Basic Program All	5:30 Blue to Red All	
6:00 & 6:30 Superkids 2nd classroom	6:00 to 6:40 Adv Red - Adv Brown All	6:00 to 6:30 Green to Adv Brown Adults & All Black	6:00 to 6:40 Advanced Program All	6:00 Adv Red - Adv Brown All	
6:00 to 6:30 Red to Black Jr.	6:40 to 7:20 Black Belts All	6:40 to 7:40 Sparring Drills/Sparring Class	6:40 to 7:20 Elite All	6:30 to 7:00 Black Belts All	<u>Graduation Day</u> Second Friday of the Month No Regular Classes
6:30 to 7:10 Gold to Adv. Blue Adults	7:20 to 8:00 Gold to Adv Red Adults	7:45 Private Lesson	7:30 to 8:00 Adv. And Elite Sparring All		All Sparring gear required for ALL Advanced and Elite Classes
7:10 to 7:50 Red to Black Adult					Effective January 20, 2020
8:00 Private Lesson			SuperKids = 4 yrs - Kindergarten	Jr. = 1st grd to 12 yrs Adults = 13 and up	