

Master Instructor

John Olson

6th Degree Black Belt

SuperKids**Instructor and****Office Director**

Lisa Olson

**School Hours**

Mon - Fri

4:15 to 15 mins after

last class ends

Sat 8:45 - 11:15

UMA Ham Lake

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MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
					9:00 No/White/Gold All
	4:15 Open	4:15 Open/Intro	4:15 Open	4:15 Open/Intro	9:30 Green to Adv Blue All
4:30 Gold to Green All	4:30 Purple/Adv. Blue Jr.	4:30 Blue to Adv Red Jr.	4:30 Green to Purple All	4:30 No/White/Gold All	10:00 Red to Black All
5:00 Blue/Adv Blue Jr.	5:00 No/White All	5:00 Purple/Adv. Purple Jr.	5:00 Gold All	5:00 Green All	10:30 - 11:00 Sparring - All Green and up
5:30 No/White All	5:30 Red to Adv Brown Jr.	5:30 Gold to Green All	5:30 No/White All	5:30 Purple/Adv. Blue All	
6:00 & 6:30 Superkids 2nd classroom			6:00 Black Belts All		
6:00 Purple/Adv. Purple Jr.	6:00 Gold to Green All	6:00 No/White All	6:30 Superkids 2nd Classroom	6:00 to 6:30 Red to Black All	**Hand, Foot and Head gear required for this class**
6:30 Red to Black Jr.	6:30 Black Belts All	6:30 Brown to Black All	6:30 ** Blue to Black** Sparring Drills	6:00 to 6:30 Adv Brown Form 2nd Classroom - All	
7:00 Green to Adv. Blue Adults	7:15 Green to Adv. Brown Adult	7:15 to 8:00 Green to Adv Red Adults	7:00 Green & Up Jr. Sparring		
7:45 to 8:30 Red to Black Adult	8:00 to 8:30 Sparring Adult		7:30 - 8:15 Green & Up Adult Sparring	SuperKids = 4 yrs - Kindergarten	<u>Graduation Day</u> Second Friday of the Month No Regular Classes
				Jr. = 1st grd to 12 yrs Adults = 13 and up	Summer Schedule Effective June 1, 2015