



### Head Instructor

Mr. Stan Riser

### PreSchool Instructor

Ms. Ashley Hanson

### School Directors

Brian & Lisa Hanson

### Assistant Instructors

Ben Scheel, Ashley Hanson,

Ben Saunders and James Krzoska

Effective Sept 6, 2016

| MONDAY                                                                      | TUESDAY                                                | WEDNESDAY                                                                   | THURSDAY                                                 | FRIDAY                                                                                                                                                                                                                                                                                                                                                                             | SATURDAY                                                         |
|-----------------------------------------------------------------------------|--------------------------------------------------------|-----------------------------------------------------------------------------|----------------------------------------------------------|------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|------------------------------------------------------------------|
|                                                                             |                                                        |                                                                             |                                                          | UMA Hugo Graduation Day is the<br>Last Friday of the Month<br>No Regular Classes On Graduation Day<br>6845 20th Ave. S. Suite 160<br>Centerville, MN 55038<br>uma.hugo@gmail.com<br>www.UMAmn.com<br>651-464-7051                                                                                                                                                                  |                                                                  |
| 4:00 - 4:30pm<br>Green Belt<br>and Gold Belt                                | 4:00 - 4:30pm<br>Blue Belt and<br>Adv. Blue Belt       | 4:00 - 4:30pm<br>Purple Belt and<br>Adv Purple Belt                         | 4:00 - 4:30pm<br>Red Belt Through<br>Junior Black Belt   | 4:15 - 4:45pm<br>No Gi/Striking Class<br>Junior Jiu Jitsu<br>4:45 - 5:15pm<br>White/Gold/Green Belt<br>Junior & Adult<br>5:15 - 5:45pm<br>Purple/Adv Purple/Blue<br>Adv Blue Junior & Adult<br>5:45 - 6:15pm<br>Red Through Black<br>Junior & Adult Class<br>6:15 - 7:00pm<br>Red Through Black<br>Pad Drills<br>Adult Pad Drills<br>7:00pm<br>Pretest Class<br>Adults and Juniors | 9:30 - 10:00am<br>Superkids<br>PreSchool                         |
| 4:30 - 5:00pm<br>Blue Belt and<br>Adv. Blue Belt                            | 4:30 - 5:00pm<br>Purple Belt and<br>Adv Purple Belt    | 4:30 - 5:00pm<br>No Belts and<br>White Belts                                | 4:30 - 5:00pm<br>Green Belt<br>and Gold Belt             |                                                                                                                                                                                                                                                                                                                                                                                    | 10:00 - 10:30am<br>No Belt / White<br>Gold / Green               |
| 5:00 - 5:30pm<br>Red Belt through<br>Adv.Brown Belt                         | 5:00 - 5:30pm<br>No Belts and<br>White Belts           | 5:00 - 5:30pm<br>Blue Belt and<br>Adv. Blue Belt                            | 5:00 - 5:30pm<br>Purple Belt and<br>Adv Purple Belt      |                                                                                                                                                                                                                                                                                                                                                                                    | 10:30 - 11:00am<br>Green Belt / Above<br>Junior / Adult Forms    |
| 5:30 - 6:00pm<br>No Belts and<br>White Belts                                | 5:30 - 6:00pm<br>Green Belt<br>and Gold Belt           | 5:30 - 6:00pm<br>Red Belt through<br>Adv.Brown Belt                         | 5:30 - 6:00pm<br>Blue Belt and<br>Adv. Blue Belt         |                                                                                                                                                                                                                                                                                                                                                                                    | 11:00 - 11:30am<br>Green Belt / Above<br>Juniors / Adult Weapons |
| 6:00 - 6:30pm<br>Purple Belt and<br>Adv Purple Belt                         | 6:00 - 6:30pm<br>Green Belt / Above<br>Junior Sparring | 6:00 - 6:30pm<br>Green Belt<br>and Gold Belt                                | 6:00 - 6:30pm<br>No Belts and<br>White Belts             |                                                                                                                                                                                                                                                                                                                                                                                    | 11:30 - 12:15am<br>Green Belt / Above<br>Junior Sparring         |
| 6:30 - 7:00pm<br>Superkids<br>PreSchool                                     | 6:30 - 7:00pm<br>Red Belt Through<br>Junior Black Belt | 6:30 - 7:00pm<br>Superkids<br>PreSchool                                     | 6:30 - 7:00pm<br>Ask to Participate<br>Competition Forms |                                                                                                                                                                                                                                                                                                                                                                                    | 12:15 - 1:00pm<br>Green Belt / Above<br>Junior/Adult Flips Class |
| 6:45 - 7:30pm<br>Black Belt<br>Adults and Juniors                           | 7:00 - 7:45pm<br>Team Phoenix<br>Mega Team             | 6:45 - 7:30pm<br>Black Belt<br>Adults and Juniors                           | 7:00 - 7:45pm<br>Team Phoenix<br>Mega Team               |                                                                                                                                                                                                                                                                                                                                                                                    | 1:00 - 1:45pm<br>Red Belt / Above<br>Competition Sparring        |
| 7:15 - 8:00<br>All Belt Level<br>Adults                                     | 7:45 - 8:15pm<br>All Belt Level Forms<br>Adults        | 7:15 - 8:00<br>All Belt Level<br>Adults                                     | 7:45 - 8:30pm<br>All Belt Level<br>Adults                |                                                                                                                                                                                                                                                                                                                                                                                    | Invitation Required                                              |
|                                                                             | 8:15 - 9:00pm<br>Green Belt / Above<br>Adult Sparring  |                                                                             |                                                          |                                                                                                                                                                                                                                                                                                                                                                                    |                                                                  |
| Black Belts & Adults<br>Stretch for first 15 min<br>on far side of the mats |                                                        | Black Belts & Adults<br>Stretch for first 15 min<br>on far side of the mats |                                                          |                                                                                                                                                                                                                                                                                                                                                                                    |                                                                  |