

Ultimate Martial Arts Stillwater

Juniors & Adults

Instructor - Mr. Jake Fliss

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Assistant - Miss Isabella Allen

Director - Mrs. Kristina Nyquist



Effective 3/13/2017

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
				Graduation Day 1st Friday of the Month	
				Super Kids 4:30pm	
				Juniors & Adults 5:00pm	
				Presenters 5:00pm	
4:00pm Black Belts	4:00pm Red Belts Brown Belts	4:00pm Gold Belts Green Belts	4:00pm No & White Belts	4:00pm Purple Belts Blue Belts	9:30am Super Kids
4:30pm Gold Belts Green Belts	4:30pm No & White Belts	4:30pm Purple Belts Blue Belts	4:30pm Red Belts Brown Belts	4:30pm Gold Belts Green Belts	9:30am No & White Belts Gold Belts
5:00pm Purple Belts Blue Belts	5:00pm Gold Belts Green Belts	5:00pm No & White Belts	5:00pm Purple Belts Blue Belts	5:00pm No & White Belts	10:00am Juniors Weapons Green & Above
5:30pm Red Belts Brown Belts	5:30pm Purple Belts Blue Belts	5:30pm Red Belts Brown Belts	5:30pm Gold Belts Green Belts	5:30pm Red & Above Forms	10:30am Green & Above Sparring
6:00pm Super Kids	6:00pm Black Belts	6:00pm Juniors Sparring Green & Above	6:00pm Black Belts	6:15pm Pretest *Invite Only*	10:30am Green & Above Adult Sparring
6:30pm No & White Belts	6:30pm Super Kids	6:30pm Black Belts & Pretest *Invite Only*	6:30pm Super Kids		11:00am Beginners Flips Green & Above
7:00pm *Enrichment Only* Red & Above	7:00pm Stillwater Strikers Competition Team		7:00pm Stillwater Strikers Competition Team		11:30am Advanced Flips *Invite Only*
7:30pm No, White, Gold, & Green Adults	7:45pm Purple & Above Adults	7:15pm No, White, Gold & Green Adults		6:45pm All Adults Forms/Weapons	12:00pm Tournament Prep Class
8:00pm Purple & Above Adults	8:15pm No, White, Gold & Green Adults	7:45pm Purple & Above Adults	7:45pm Green & Above Adult Sparring		12:30pm Extreme Weapons Red & Above

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