

## **Ultimate Martial Arts Hudson**

## **School Directors**

**Head Instructor** 

Bill Chamberlin & Chris Naujok

Master Joseph Long

## Assistant Instructors:

Ellie Schaff, Ryan Abrahamson, Logan Magnuson

Phone: (715) 441 3282 / Facebook: Ultimate Martial Arts Hudson / umamn.com
Email: UltimateMAhudson@gmail.com & uma.masterlong@gmail.com
Graduation Day: Third Friday of the Month

See graduation board for times, NO regular classes on this day

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
Uniform days			UMA T shirt day		Uniform
5:00	5:00	5:00	5:00		9:00
White	Blue & Red	SuperKids	Pads class		All belts
Juniors	juniors	(3 & 4 years old)	Green and above		Adults
5:30	5:30	5:30	5:30	5:00 - 7:00pm	10:00
Gold & Green	Purple	Purple & Blue	12 & younger Sparring	Open Mats	White & Gold
Juniors	Juniors	Juniors	Adv. Program	Adv. Program	Juniors
6:00	6:00	6:00	6:30		10:30
Purple & Blue	White & Gold	Gold & Green	Green and above		Sparring
Juniors	Juniors	Juniors	Forms		Jr. and Adult Divided
6:30	6:30	6:30	(class is done after		11:30pm
Pads class	Green	White	your form)		Green and above
Adv.	Juniors	Juniors	Jr. & Adult		Forms (Jr. & Adult)
7:00	7:00	7:00	7:30	Free 1 on 1 Intro classes	
Red & Brown	Brown	Red & above	13 + sparring	by appointment only	
Juniors	Juniors	Juniors	Adv. Program		
7:30	7:30	7:30			
Black Belt	Black Belt	Pre test	Age Groups:	Juniors are 5 to 12 yrs	
all ages	All ages	invite only		Adults are 13	years and up
8:15 to 9:00	8:00	8:00			
All Belts	All Belts	All Belts			
Adults	Adults	Adults	ask Instructors about private lessons		