

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
4:00 PURPLE JUNIORS	4:00 GOLD/GREEN JUNIORS	4:00 RED/BROWN JUNIORS	4:00 BLUE JUNIORS	4:00 WHITE JUNIORS	9:30 SUPERKIDS
4:30 WHITE JUNIORS	4:30 PURPLE JUNIORS	4:30 GOLD/GREEN JUNIORS	4:30 RED/BROWN JUNIORS	4:30 BLUE JUNIORS	10:00 WHITE/GOLD/GREENS JUNIORS
5:00 ADV/ELITE ALL AGES SPARRING*	5:00 WHITE JUNIORS	5:00 BLUE JUNIORS	5:00 GOLD/GREEN JUNIORS	5:00 PURPLE JUNIORS	10:30 PRETEST INVITE ONLY
5:30 RED/BROWN JUNIORS	5:30 SUPERKIDS BLUE JUNIORS	5:30 PURPLE JUNIORS	5:30 SUPERKIDS	5:30 GOLD/GREEN JUNIORS	11:00 ADV/ELITE ALL AGES SPARRING*
6:00 GOLD/GREEN JUNIORS	6:00 SUPERKIDS RED/BROWN JRS.	6:00 WHITE JUNIORS	6:00 SUPERKIDS PURPLE JUNIORS	6:00 RED/BROWN JUNIORS	11:45 ADV/ELITE FORMS
6:30 BLUE JUNIORS	6:30 COMPETITION	6:30 PRETEST INVITE ONLY	6:30 COMPETITION	6:30 ADV/ELITE TEEN/ADULT SPARRING*	12:15 ADV/ELITE FLIPS
7:00 BLACK BELTS TEENS/ADULTS	7:15 ADV/ELITE ALL AGES SPARRING*	7:00 BLACK BELTS TEENS/ADULTS	7:15 BLACK BELTS TEENS/ADULTS	7:00 BLACK BELTS TEENS/ADULTS	1:00 OPEN MAT ALL AGES
	7:45 BLACK BELTS TEENS/ADULTS				1:30 SEMINAR



UMA Stillwater Schedule

Effective June 1, 2023

Owners: Dan & Katelyn Allen

Head Instructor: Mr. Benjamin Saunders

Office Assistants:

SuperKid Instructor: Ms. Izzy Allen

Ms. Lexi Allen & Ms. Rachael Norman

Assisantant Instructor: Z. Allen

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
4:00 PURPLE JUNIORS	4:00 GOLD JUNIORS GREEN JUNIORS	4:00 WHITE JUNIORS	4:00 BLUE JUNIORS	4:00 RED JUNIORS BROWN JUNIORS	9:30 SUPERKIDS
4:30 WHITE JUNIORS	4:30 PURPLE JUNIORS	4:30 GOLD JUNIORS GREEN JUNIORS	4:30 RED JUNIORS BROWN JUNIORS	4:30 BLUE JUNIORS	10:00 OLD/GREENSWHITE/GOLD JUNIORS
5:00 ADV/ELITE ALL AGES SPARRING*	5:00 WHITE JUNIORS	5:00 BLUE JUNIORS	5:00 GOLD JUNIORS GREEN JUNIORS	5:00 PURPLE JUNIORS	10:30 PRETEST INVITE ONLY**
5:30 RED JUNIORS BROWN JUNIORS	5:30 SUPERKIDS BLUE JUNIORS	5:30 PURPLE JUNIORS	5:30 SUPERKIDS	5:30 GOLD JUNIORS GREEN JUNIORS	11:00 ADV/ELITE ALL AGES SPARRING*
6:00 GOLD JUNIORS GREEN JUNIORS	6:00 SUPERKIDS BROWN JRS. RED/BROW	6:00 RED JUNIORS BROWN JUNIORS	6:00 SUPERKIDS PURPLE JUNIORS	6:00 WHITE JUNIORS	11:45 ADV/ELITE FORMS
6:30 BLUE JUNIORS	6:30 STILLWATER STRIKERS**	6:30 PRETEST INVITE ONLY**	6:30 STILLWATER STRIKERS**	6:30 ADV/ELITE TEEN/ADULT SPARRING*	12:15 ADV/ELITE FLIPS
7:00 BLACK BELTS TEENS/ADULTS	7:15 ADV/ELITE ALL AGES SPARRING*	7:00 BLACK BELTS TEENS/ADULTS	7:15 BLACK BELTS TEENS/ADULTS	7:00 BLACK BELTS TEENS/ADULTS	1:00 OPEN MAT ALL AGES
	7:45 BLACK BELTS TEENS/ADULTS	Monthly Graduation First Friday of the month-NO classes on this day! *extra gear required **by invite only *Check Email and Facebook for updates			1:30 SEMINAR

1/GREENS