

WOODBURY
Middle Quarter Mall
744 Main Street South
(203) 266-9172



USA MARTIAL ARTS

NAUGATUCK
Crosspointe Plaza
799 New Haven Road
(203) 720-2147

WOODBURY DOJANG PROGRAM SCHEDULE

MONDAY

9:00 AM	10:00 AM	Fitness Class *	
5:30 PM	6:25 PM	Juniors (Ages 7-12) ~ Apprentice Red to Black	
6:30 PM	7:00 PM	Weapons: Nunchaku (1st & 3rd Monday)	Black Belt Club Only
		Weapons: Sai (2nd & 4th Monday)	Black Belt Club Only
7:00 PM	8:00 PM	Adults (Ages 13+) ~ All Belts	
8:05 PM	8:30 PM	Weapons: Sword / Whip Chain / Fan	Black Belt Club Only

TUESDAY

9:30 AM	10:30 AM	Adults (Ages 13+) ~ All Belts	
10:35 AM	11:00 AM	Weapons: Advanced Bo Staff	Black Belt Club Only
4:30 PM	5:00 PM	Little Ninjas (Ages 3-4)	
5:00 PM	5:45 PM	Kid Kicks (Ages 5-6)	
6:00 PM	7:00 PM	Juniors (Ages 7-12) ~ White to Green	

WEDNESDAY

9:00 AM	10:00 AM	Fitness Class *	
5:30 PM	6:30 PM	Juniors (Ages 7-12) ~ Green to Black	
6:30 PM	6:55 PM	Weapons: Advanced Bo Staff	Black Belt Club Only
7:00 PM	8:00 PM	Adults (Ages 13+) ~ All Belts	

THURSDAY

5:00 PM	5:45 PM	Kid Kicks (Ages 5-6)	
6:00 PM	7:00 PM	Juniors (Ages 7-12) ~ White to Green	
7:00 PM	8:00 PM	Tai Chi (Ages 13+) *	

FRIDAY

8:30 AM	9:20 AM	Fitness Class *	
9:30 AM	10:30 AM	Adults (ages 13+) ~ All Belts	
6:00 PM	7:00 PM	Family Class: All Ages (7+) ~ All Belts	
7:00 PM	7:45 PM	Family Jujitsu (Ages 9+)	Black Belt Club Only

SATURDAY

8:30 AM	9:00 AM	Little Ninjas (Ages 3-4)	
9:00 AM	9:45 AM	Kid Kicks (Ages 5-6)	
9:50 AM	10:40 AM	Juniors (Ages 7-12) ~ White to Green	
10:45 AM	11:40 AM	Juniors (Ages 7-12) ~ Apprentice Red to Black	
11:45 AM	12:45 PM	Adults (ages 13+) ~ All Belts	
12:45 PM	1:15 PM	Weapons: Beginner Bo Staff	Black Belt Club Only

* Fitness & Tai Chi classes are separate programs.

- Standard USA Martial Arts Membership includes two (2) karate classes per week
- Black Belt Club: Additional \$19.95 per month (requires one-time registration fee of \$25)
 - includes three (3) karate classes, one (1) weapons class, and one (1) Jujitsu class per week

Monthly Tuition Schedule

Ages 7+	\$90.00
Ages 5-6	\$80.00
Ages 3-4	\$60.00

Special Programs

Tai Chi (10 Week Session)	\$120.00
Fitness	\$TBD

FAMILY SPECIAL

2nd family add-on:
\$20 DISCOUNT

Each additional family add-on:
\$30 DISCOUNT

Updated: October 16, 2015

www.usamartialartsct.com