

Master Instructor
John Olson
7th Degree Black Belt

SuperKids
Instructor and
Office Director
Lisa Olson



School Hours
Mon - Fri
4:15 to 15 mins after
last class ends
Sat 8:30 to 11:30

UMA Ham Lake
Office 763-434-8621
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Email
umahlake@gmail.com

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
Curriculum	Curriculum	Curriculum	Theme	Curriculum	Theme
4:00 Private Lesson	4:00 Private Lesson	4:00 Private Lesson	4:00 Private Lesson		**No Saturday Classes**
4:30 Gold to Green Jr.	4:30 Blue to Adv. Red Jr.	4:30 Green to Adv. Purple Jr.	4:30 to 5:00 Open Mat All	4:30 Green to Adv. Purple All	
5:00 Blue/Adv. Blue Jr.	5:00 No/White All	5:00 Blue/Adv. Blue Jr.	5:00 No/White All	5:00 White to Gold All	
5:30 No/White All	5:30 Purple/Adv. Purple Jr.	5:30 White to Gold All	5:30 Basic Program All	5:30 Blue/Adv. Blue All	
6:00 & 6:30 Superkids 2nd classroom	6:00 Gold to Green Jr.	6:00 to 6:30 Green to Adv. Blue Adults	6:00 to 6:40 Advanced Program All	6:00 Red to Adv. Brown All	
6:00 Purple/Adv. Purple Jr.	6:30 to 7:10 Brown /Adv. Brown All	6:30 to 7:00 Red to Black All	6:45 to 7:30 Elite Program All	6:30 to 7:00 Black Belts All	
6:30 to 7:00 Red to Black Jr.	7:10 to 7:45 Black Belts All	7:10 to 7:40 Adv. And Elite Sparring - All	7:40 to 8:10 Adv. And Elite Sparring - All		<u>Graduation Day</u> Second Friday of the Month No Regular Classes
7:05 to 7:45 Gold to Adv. Blue Adults	7:45 to 8:25 Gold to Adv. Red Adults				**All Sparring Gear** required for ALL Adv/Elite classes
7:45 to 8:25 Red to Black Adults					Effective Sept 10, 2018
			SuperKids = 4 yrs - Kindergarten	Jr. = 1st grd to 12 yrs Adults = 13 and up	