

USA KARATE

319 Tremont St. (Rte. 118)
 Rehoboth MA-02769
 (508) 226-7500
 usakaraterhoboth.com

Time	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
9:00							Pvt. Lessons Testing
10:00							Mixed Advanced
11:00							Mixed All Ranks
12:00		Mixed Adult				Mixed Adult	Adult Muay Thai MMA
1:00							Competition Training (Seasonal)
2:00							
5:15 - 5:45		Lil' Dragons	Lil' Dragons	Advanced Children 5:15-6 PM	Lil' Dragons		
5:45 - 6:30		Intermediate Children	Beginner Children	Advanced Adult 6-7 PM	Intermediate Children	Beginner Children	
6:30 - 7:30		Intermediate Adult	Beginner Adult	Adult Muay Thai MMA 7-7:45 PM	Intermediate Adult	Beginner Adult	
7:30 - 8:15		Cardio Kickboxing	Cardio Kickboxing		Cardio Kickboxing	Adult Muay Thai MMA	

1. Arrive five to ten minutes prior to class.
2. Place shoes neatly in designated area.
3. Keep uniforms neat, clean, and odor free.
4. Quietly prepare for class (DO NOT DISTURB A CLASS IN SESSION).
5. Respect should always be shown for your instructors and fellow students.
6. Students and guests should always be well mannered and behave properly.
7. Attend class on a regular and consistent schedule.
8. Be sure to make up all missed classes.
9. Practice and exercise at home gives better results.
10. Proper effort and spirit should always be shown in class.
11. Memorize the **Rules of the School and Student Creed**.
12. Maintain and develop a positive, well disciplined attitude
13. PARENTS, we encourage you to watch and ask that you REMAIN QUIET DURING CLASS!
14. New classes will be added and times changed as the school grows, please check the schedule on a regular basis.

DEVOTED TO CONSTANT & NEVER-ENDING IMPROVEMENT!

Chief Instructor: Shihan John Agostini, 5th Degree Black Belt