



UNITED STUDIOS OF SELF DEFENSE

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Corporate Webpage: www.ussd.com

School Webpage: www.ussddanville.com

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Privates 12-8pm	Privates 12-8pm	Privates 12-8pm	Privates 12-8pm	Privates Only 1-6pm	Privates 9am-1pm	Closed
Tiny Tigers 4:00-4:30pm			Tiny Tigers 4:00-4:30pm		Kids Class 10:00-10:45am	
Leopard Class 5:00-5:45pm	Open Class 5:00-5:45pm	Tiny Tigers 5:00-5:30pm	Leopard Class 5:00-5:45pm		Adult Class 10:45-11:30am	
Open Class 5:45-6:30pm	Dragon Class 5:45-6:30pm	Bushido's 5:45-6:30pm	Dragon Class 5:45-6:30pm		Ground Grappling Class* 11:30am-12:30pm	
Bushido's 6:30-7:15pm	Beginner Adults 6:30-7:15pm	Open Class 6:30-7:15pm	Beginner Adults 6:30-7:15pm		Sparring Technique Class* 12:30-1:15pm	
Black Belts 7:15-8:00pm	Advanced Adults 7:15-8:00pm	Advanced Adults 7:15-8:00pm	Open Class 7:15-8:00pm			

Tiny Tigers

All Ranks

Ages 3-5 Yrs

Kids Class

All Levels

Ages 3-11 Yrs

Leopard Class - Beginners

White to Orange Belt

Ages 6-8 Yrs

Dragon Class - Advanced

Purple to Brown Belt

Ages 6-8 Yrs

Open Class

All Levels

Ages 6 & Up

Bushido's

All Levels

Ages 9-13 Yrs

Adult Class

All Levels

Ages 12 & Up

Beginner Adult

White to Purple Belt

Ages 14 & Up

Advanced Class

Blue to Black Belt

Ages 14 & Up

**By Invite Only*