



Class Schedule

U.S. Taekwondo Martial Arts Academy Schedule

9 Cardinal Park Drive S.E. Leesburg VA 20175 | info@ustma.com | 703 777 1000 | www.ustma.com

Effective 3/10/2026

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

					9:00 - 10:00 AM "Back to the Basics"
4:00 - 4:45 PM After School Members Only	4:00 - 4:45 PM After School Members Only	4:00 - 4:45 PM After School Members Only	4:00 - 4:45 PM After School Members Only	4:00 - 4:45 PM <i>Open to all students!</i>	10:00 - 10:45 AM All Belts/Family
5:00 - 5:45 PM All Belts	5:00 - 5:45 PM All Belts & Sparring Class	5:00 - 5:45 PM All Belts	5:00 - 5:45 PM All Belts & Sparring Class	5:00 - 5:45 PM All Belts	11:00 - 11:45 AM All Belts/Family
6:00 - 6:30 PM Open Mat	6:00 - 6:30 PM Open Mat	6:00 - 6:30 PM Open Mat	6:00 - 6:30 PM Open Mat	6:00 - 6:30 PM Open Mat	
	6:00 - 6:30 PM Leadership Training	5:45 - 6:45 PM DEMO PRACTICE	6:00 - 6:30 PM Leadership Training		
6:30 - 7:15 PM All Belt/Family	6:30 - 7:15 PM All Belts & Sparring Class <i>With Master John</i>	6:30 - 7:15 PM All Belt/Family	6:30 - 7:15 PM All Belts & Sparring Class <i>With Master John</i>		

- Please show up for class 5 minutes before to ensure you are on time.
- All students must be in full uniform or USTMA shirt/hoodie with uniform pants.
- All students are required to attend at least 2 classes per week to keep up with the curriculum.
- 4:00pm class Monday thru Thursday is exclusively for current registered members of our After School Program
- 4:00pm class Friday will be open to all students