

 **UNITED STUDIOS OF SELF DEFENSE**

**COSTA MESA**

**2025 SCHEDULE**

| **CLASSES** | **MONDAY** | **TUESDAY** | **WEDNESDAY** | **THURSDAY** | **FRIDAY** | **SATURDAY** |
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| **TINY TIGERS****(AGES 3-6)** |  | **3:30-4:00 PM** |  |  | **3:30-4:00 PM** |  |
| **KIDS CLASS****All Ranks****(Ages 6-9)** | **6:00-6:50 PM** |  | **4:00- 4:50 PM****(+ Tiny Tiger)** | **4:00- 4:50 PM** |  | **9:00-9:50 AM** |
| **PRE-TEEN****(Ages 10-13)** |  | **5:00- 5:50 PM** | **5:00- 5:50 PM** | **5:00- 5:50 PM** | **5:00- 5:50 PM****(+Kids 8-9)** | **10:00-11 AM****DEMO TEAM\*** |
| **TEEN/****ADULTS****(14+)** | **7:00-7:50 PM** | **7:00- 7:50 PM** |  | **7:00- 7:50 PM****(+Pre-Teen)** |  |  |
| **WEAPONS****CLASS** **All Ranks** |  |  | **7:00- 7:50 PM****AKP\*****Advanced Kempo Practice** |  | **7:00- 7:50 PM** |  |

**\*Invite Only Class**

| **24 HOUR CANCELLATION NOTICE OF PRIVATE LESSON REQUIRED** | **HOURS OF OPERATION****MONDAY-FRIDAY 2PM - 8 PM** **SATURDAYS 9 AM - 1 PM** | **PRIVATE LESSONS CAN BE SCHEDULED MONDAY THROUGH FRIDAY AT YOUR CONVENIENCE.**  |
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