



U.S. Elite Martial Arts & Fitness Center

4210 N. Arlington Heights Rd. Arlington Heights, IL 60004 Ph. (847) 797-0100

All upcoming events are at www.elitemartialartscenter.com

E-mail us at uselitema@yahoo.com

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Kickboxing 10:00-11:00 am	Yoga 10:45-11:45 am	Kickboxing 10:00-11:00 am	Yoga 10:00-11:00 am		Kickboxing 9:30 -10:30 am
					All Belt M.A. 10:30-11:20
					Little Ninjas 11:30-12:20 Room 2
Kids Beginner M.A. 4:00-4:50 pm	Kids Intermediate & Advanced M.A. 4:00-4:50	Kids Beginner M.A. 4:00-4:50 pm	Kids Intermediate & Advanced M.A. 4:00-4:50	All Belt M.A. 4:00-4:50	Black Belt, BBC & Staff /Leadership Team 12:45-2:30 pm
Kids Intermediate & Advanced M.A. 5:00-5:50	All Belt M.A. 5:00-5:50 pm	Masters Club & Black Belt Club 5:00-5:50 pm	Kids Beginner & Intermediate M.A. 5:00-5:50 pm	Make Up Class 5:00-5:50 pm	Birthday Parties
Family & All Belt M.A. 6:15-7:05	Little Ninjas 6:00-6:30 pm	Family & All Belt M.A. 6:15-7:05	Little Ninjas 6:00-6:30 pm	<p>Join Our Black Belt Club & Master's Clubs! Anyone at any age and any rank can join our Black Belt Club & Master's Club Tuition-Savings Programs!</p> <p>Black Belt Club- Membership Until 1st Dan Black Belt. Discounted Tuition Program- No further tuition until 1st Degree Black Belt is achieved! Extra time after class with instructors</p> <p>Master's Club The Best Membership Offered Ultimate Tuition Discount Program- No further tuition after Black Belt Extra time after class with instructors</p>	
Kickboxing 7:30-8:30 pm	Family & All Belt M.A. 6:40-7:20 pm	Kickboxing 7:30-8:30 pm	Family & All Belt M.A. 6:40-7:20 pm		
Mixed Martial Arts 8:30-9:30 pm	Adult M.A. 7:30-8:30 pm	Mixed Martial Arts 8:30-9:30 pm	Adult M.A. 7:30-8:30 pm		
	Kickboxing 8:30-9:30 pm		Kickboxing 8:30-9:30 pm		

Focus
Stress Relief

Confidence
Discipline

Self- Defense
Self- Control

Fitness & Weight-Loss
Live Healthier & Happier