



# 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.arlingtonmartialartscenter.com](http://www.arlingtonmartialartscenter.com)

E-mail us at [uselitea@yahoo.com](mailto:uselitea@yahoo.com)

| Monday                                                    | Tuesday                                                   | Wednesday                                                 | Thursday                                                     | Friday                                                                                                                                                                                                                                                             | Saturday                                                             |
|-----------------------------------------------------------|-----------------------------------------------------------|-----------------------------------------------------------|--------------------------------------------------------------|--------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|----------------------------------------------------------------------|
|                                                           |                                                           |                                                           |                                                              |                                                                                                                                                                                                                                                                    | <b>Elite Fit Boot Camp</b><br>8:15-9:15 am                           |
|                                                           |                                                           |                                                           |                                                              |                                                                                                                                                                                                                                                                    | <b>Kickboxing</b><br>9:30-10:30 am                                   |
| <b>Private Lessons</b>                                    | <b>Private Lessons</b>                                    | <b>Private Lessons</b>                                    | <b>Private Lessons</b>                                       |                                                                                                                                                                                                                                                                    | <b>All Belt M.A.</b><br>10:30-11:20                                  |
|                                                           |                                                           |                                                           |                                                              |                                                                                                                                                                                                                                                                    | <b>Little Ninjas</b><br>11:30-12:20                                  |
| <b>Kids Beginner M.A.</b><br>4:00-4:50 pm                 | <b>Kids Intermediate &amp; Advanced M.A.</b><br>4:00-4:50 | <b>Kids Beginner M.A.</b><br>4:00-4:50 pm                 | <b>Kids Intermediate &amp; Advanced M.A.</b><br>4:00-4:50    |                                                                                                                                                                                                                                                                    | <b>Black Belt, BBC &amp; Staff /Leadership Team</b><br>12:45-2:30 pm |
| <b>Kids Intermediate &amp; Advanced M.A.</b><br>5:00-5:50 | <b>All Belt M.A.</b><br>5:00-5:50 pm                      | <b>Masters Club &amp; Black Belt Club</b><br>5:00-5:50 pm | <b>Kids Beginner &amp; Intermediate M.A.</b><br>5:00-5:50 pm | <b>TEAM ELITE Competition Practice</b><br>5:30 – 7:00 pm                                                                                                                                                                                                           | <b>Birthday Parties</b>                                              |
| <b>Little Ninjas</b><br>6:00-6:30 pm                      | <b>Little Ninjas</b><br>6:00-6:30 pm                      | <b>Little Ninjas</b><br>6:00-6:30 pm                      | <b>Little Ninjas</b><br>6:00-6:30 pm                         | <ul style="list-style-type: none"> <li>• Focus</li> <li>• Confidence</li> <li>• Self- Defense</li> <li>• Fitness</li> <li>• Weight-Loss</li> <li>• Stress Relief</li> <li>• Discipline</li> <li>• Self- Control</li> <li>• Live Healthier &amp; Happier</li> </ul> |                                                                      |
| <b>Family &amp; All Belt M.A.</b><br>6:30:7:20            | <b>Family &amp; All Belt M.A.</b><br>6:40-7:30 pm         | <b>Family &amp; All Belt M.A.</b><br>6:30:7:20            | <b>Family &amp; All Belt M.A.</b><br>6:40-7:30 pm            |                                                                                                                                                                                                                                                                    |                                                                      |
| <b>Kickboxing</b><br>7:30-8:30 pm                         | <b>Adult M.A.</b><br>7:30-8:30 pm                         | <b>Kickboxing</b><br>7:30-8:30 pm                         | <b>Adult M.A.</b><br>7:30-8:30 pm                            |                                                                                                                                                                                                                                                                    |                                                                      |
| <b>Krav Maga</b><br>8:30-9:30 pm                          | <b>Kickboxing</b><br>8:30-9:30 pm                         | <b>Krav Maga</b><br>8:30-9:30 pm                          | <b>Kickboxing</b><br>8:30-9:30 pm                            |                                                                                                                                                                                                                                                                    |                                                                      |
|                                                           |                                                           |                                                           |                                                              |                                                                                                                                                                                                                                                                    |                                                                      |