



# **CLASS OPTIONS**

## **IN PERSON CLASS**

Reserve your in person class with app.

All classes are 45 minutes (except tigers which is 30 minutes).

## **UNIFORM POLICY**

Full white or black uniform is always preferred

Wear your current belt to every class to earn  
your stripes

UpLift or ATA shirt/sweatshirt may be worn  
instead of uniform top for classes

Black martial arts pants may be worn to class  
instead of uniform pants

Black Athletic pants may be worn to class  
instead of uniform pants

**UPLIFTMARTIALARTS.COM**

**9163739789**

**TEAM@UPLIFTMARTIALARTS.COM**

## **VIRTUAL CLASS**

Zoom attendance included with tuition

Link to zoom classes emailed after reserving class  
with app



Tuesday/Thursday Online

4:45 - All Ages & Ranks

## **RECORDED CLASSES**

Replays of recorded classes available in app  
under VOD as well as on demand training  
videos

## **UpLift Martial Arts Members App**

Download our app to register for upcoming events,  
watch curriculum videos order merchandise, send  
messages, enroll in lessons, reserve class times and  
more.

**SCAN QR CODE TO DOWNLOAD**





Questions? Call (916) 373-9789

or text us at (916) 373-9789

Download UpLift Martial Arts Members

App to reserve class times and more

[uplift.ninja/app](https://uplift.ninja/app)

Join our community: [www.facebook.com/groups/teamupliftma/](https://www.facebook.com/groups/teamupliftma/)



	MON	TUE	WED	THUR	FRI	SAT	SUN
Beginner Kids	5:15 PM	3:15 PM 5:30 PM	5:15 PM	3:15 PM 5:30 PM	4:30PM	11:00 AM	11:00 AM
Tiny Tigers (ages 3-5)	4:45 PM	6:15 PM	4:45 PM	6:15 PM	4:00 PM	10:30 AM	10:30 AM
Adults & Teens	Brown Belt and up 7:30 PM	Teens Only 7:30 PM	Brown Belt and up 7:30 PM	Teens Only 7:30 PM	Sparring 6:45PM	9:45AM	
Adults		8:15 PM		8:15 PM			
Intermediate Kids (Camo-Blue)	3:15 PM 6:45 PM	4:45 PM	3:15 PM 6:45 PM	4:45 PM	Ages 8 and Under All Ranks 5:15 PM Ages -9-12 6:00PM	11:45 AM	11:45 AM
Advanced (Brown and up)	4:00 PM	6:45 PM	4:00 PM	6:45 PM		11:45 AM	11:45 AM
Black Belts	6:00 PM	4:00 PM	6:00 PM	4:00 PM		9:00AM	



**UpLift Martial Arts**

3170 Jefferson Blvd #145  
West Sacramento, CA 95691

### Specialty Classes

Friday @7:30 - Open Floor

Friday @7:30 - Assistant  
Training

View the full schedule at [upliftmartialarts.com/class-schedule/](https://upliftmartialarts.com/class-schedule/)