

ATA Family Martial Arts

Class Schedule

Updated 7-13-2010

Time	Monday (A) / Wednesday (B)			Tuesday (A) / Thursday (B)			Friday (A/B Alternates)								
	Floor A	Floor B	Floor C	Floor A	Floor B	Floor C	Floor A	Floor B	Floor C						
6:30 AM															
7:00 AM															
8:30 AM	Adult Leadership Class Suspended until Sept 2010														
9:00 AM															
9:15 AM															
9:30 AM	Adult TKD All Ranks 9:30-10:30AM			Cardio Kickboxing 9:30-10:30AM			Adult Taekwondo Open Gym- 9:30-10:30AM								
9:45 AM															
10:00 AM															
10:15 AM															
10:30 AM															
10:45 AM															
11:00 AM															
11:15 AM															
11:30 AM															
11:45 AM															
12:00 PM															
12:15 PM															
12:30 PM															
12:45 PM															
1:00 PM															
3:30 PM															
3:45 PM															
4:00 PM	Tigers & K4K Beginners (White - Yellow) 4:00-4:45 PM			Tigers & K4K Intermediate and Advanced (Camo-Red) 4:00-5:00 PM											
4:15 PM															
4:30 PM	Tigers & K4K Intermediate Ranks (Camo-Purple) 4:45-5:30 PM			Black Belts (K4K-Adults) 5:00-6:00 PM			Jr. Leadership 4:30-5:30 PM								
4:45 PM															
5:00 PM															
5:15 PM	Tigers & K4K Advanced (Blue Red) 5:30-6:30 PM			Tiger Cubs 5:30-6:00 PM			XMA (Xtreme Martial Arts) Open to everyone in Leadership 5:30-6:30PM								
5:30 PM															
5:45 PM															
6:00 PM				Black Belts All Ages 6:30 - 7:30PM						Tigers & K4K Beginners (White - Yellow) 6:00-7:00 PM (Tigers end @ 6:45 PM)			Krav Maga Beginners 6:00-7:00 PM		
6:15 PM															
6:30 PM	Family Class (Ages 8 & UP) White - Red 7:30-8:30 PM			Cardio Kickboxing 7:00-8:00 PM			Krav Maga 7:00-8:00 PM			Demo team practice, Special Events (Parent's Night Out, Seminars, etc.) 6:30 & later					
6:45 PM															
7:00 PM															
7:15 PM	Teen and Adult All Ranks (White - Black) 8:00-9:00 PM			Brazilian Jiu-Jitsu (BJJ) 8:00-9:00 PM											
7:30 PM															
7:45 PM															
8:00 PM															
8:15 PM															
8:30 PM															
8:45 PM															

Legend: Red = Teen & Adult; Blue = Kids; Green = Tigers; Purple = Family

Note: The black belt workout with Mr. Shields is not necessarily a class to work on your material. It is a black belt work out. Your specific material may or may not be covered during that time.

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Updated 7-13-2010

Saturday (A/B Alternates)			
Time	Floor A	Floor B	Floor C
7:30 AM			Teen and Adult Leadership Class 7:30-9:00 AM
7:45 AM			
8:00 AM	Cardio Kickboxing 8:00-9:00 AM		
8:15 AM			
8:30 AM			
8:45 AM			
9:00 AM	Tiger Cubs 9:00-9:30AM		Krav Maga 9:00-10:00AM
9:15 AM			
9:30 AM	Tigers All Ranks 9:30-10:15AM		
9:45 AM			
10:00 AM			BJJ Potential Class (TBD)
10:15 AM	White - Black Family Class (8 Years old and up) 10:15-11:15AM		
10:30 AM			
10:45 AM			
11:00 AM			
11:15 AM	Demo Team Practice 11:15-12:15PM		Reserved for School Activities
11:30 AM			
11:45 AM			
12:00 PM			
12:15 PM			
12:30 PM			
12:45 PM			
1:00 PM	Floor Reserved for seminars, birthday parties, and other Events 6:00PM 1:00		
3:30 PM			
3:45 PM			
4:00 PM			
4:15 PM			
4:30 PM			
4:45 PM			
5:00 PM			
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7:00 PM			
7:15 PM			
7:30 PM			
7:45 PM			
8:00 PM			