



KARATE • KRAV MAGA • WEAPONS • FITNESS

# CLASS SCHEDULE

11010 LAIRD LANE • DENHAM SPRINGS, LA 70726

[WWW.ATASTRONGMA.COM](http://WWW.ATASTRONGMA.COM)

## 665-0909



### MONDAY

5:15 TO 5:45	TINY TIGERS – SPARRING / WEAPONS	TINY TIGER - MASTER CLUB & LEADERSHIP
5:45 TO 6:15	COMBINED TINY TIGERS	AGES 3 THRU 7 YEAR OLDS
6:15 TO 6:45	BEGINNERS	WHITE, ORANGE AND YELLOW BELTS
6:45 TO 7:15	LEADERSHIP TRAINING	LEADERSHIP ONLY
7:15 TO 8:00	INTERMEDIATE • ADVANCED	CAMO TO BLACK BELT (MASTER CLUB\LEADERSHIP)
8:00 TO 8:45	TAEKWONDO • CONDITIONING	TEEN / ADULT & PARENTS

### TUESDAY

5:00 TO 5:30	ATA XTREME	LEADERSHIP MEMBERS ONLY
5:30 TO 6:00	COMBINED TINY TIGERS	MIXED – AGES 3 THRU 7 YEAR OLDS
6:00 TO 6:30	BEGINNERS	WHITE, ORANGE AND YELLOW BELTS
6:30 TO 7:00	WEAPONS TRAINING	WHITE BELT TO BLACK BELT WEAPONS
7:00 TO 7:30	BLACK BELT TRAINING	BLACK BELT STUDENTS ONLY
7:30 TO 8:00	INTERMEDIATE • ADVANCED	CAMO TO BLACK BELT RECOMMENDED
8:00 TO 9:00	KRAV MAGA • KICKBOXING	TEEN / ADULT ONLY

### WEDNESDAY

5:15 TO 5:45	TINY TIGERS – SPARRING / WEAPONS	TINY TIGER - MASTER CLUB & LEADERSHIP
5:45 TO 6:15	COMBINED TINY TIGERS	AGES 3 THRU 7 YEAR OLDS
6:15 TO 6:45	BEGINNERS	WHITE, ORANGE AND YELLOW BELTS
6:45 TO 7:30	INTERMEDIATE • ADVANCED	CAMO TO BLACK BELT (MASTER CLUB\LEADERSHIP)
7:30 TO 8:00	LEADERSHIP TRAINING	LEADERSHIP ONLY
8:00 TO 8:45	TAEKWONDO • CONDITIONING	TEEN / ADULT & PARENTS

### THURSDAY

5:00 TO 5:30	ATA XTREME	LEADERSHIP MEMBERS ONLY
5:30 TO 6:00	COMBINED TINY TIGERS	MIXED – AGES 3 THRU 7 YEAR OLDS
6:00 TO 6:30	BEGINNERS	WHITE, ORANGE AND YELLOW BELTS
6:30 TO 7:00	WEAPONS TRAINING	WHITE BELT TO BLACK BELT WEAPONS
7:00 TO 7:30	INTERMEDIATE • ADVANCED	CAMO TO BLACK BELT RECOMMENDED
7:30 TO 8:00	BLACK BELT TRAINING	BLACK BELT STUDENTS ONLY
8:00 TO 9:00	KRAV MAGA • KICKBOXING	TEEN / ADULT ONLY

### FRIDAY

5:30 TO 6:00	COMBINED TINY TIGERS	KIDS 3 TO 7 YEARS OF AGE
6:00 TO 6:30	BEGINNERS	WHITE, ORANGE AND YELLOW BELTS
6:30 TO 7:00	SPARRING • BOARD BREAKING	WHITE THROUGH BLACK BELTS
7:00 TO 8:00	KRAV MAGA • KICKBOXING	TEEN / ADULT ONLY

THIS SCHEDULE IS SUBJECT TO CHANGE • PLEASE CHECK CLASS CALENDAR FOR CHANGES TO SCHEDULE • PRIVATE LESSONS CAN BE ARRANGED IF NEEDED. TALK TO ONE OF THE INSTRUCTORS FOR AVAILABILITY.

Schedule to take effect: February 16, 2015