



# SCHEDULE

www.ATAstrongMA.com

34619 LA HIGHWAY 16 WATSON LOCATION.



DO YOU WANT TO BE KEPT UP TO DATE ON UPCOMING SCHOOL EVENTS?  
SEND A TEXT TO: (224) 803-2447 WITH THE MESSAGE: "@ATAKARATE"

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<i>TINY TIGER STUDENTS</i> 5:30-6:00pm	<i>TINY TIGER SPARRING</i> 5:30-6:00pm	<i>TINY TIGER WEAPONS</i> 5:30-6:00pm	<i>TINY TIGER STUDENTS</i> 5:30-6:00pm	<i>ADULTS ONLY STUDENTS</i> 11:00-12:00pm	<b>Scheduled Private &amp; Semi Private Lessons</b>
<i>BEGINNERS STUDENTS</i> 6:00-6:30pm	<i>WHITE BELT STUDENTS ONLY</i> 6:00-6:30pm	<i>BEGINNERS WEAPONS</i> 6:00-6:30pm	<i>BEGINNERS STUDENTS</i> 6:00-6:30pm	<i>TINY TIGER BOARD BREAKING</i> 5:30-6:00pm	
<i>ADVANCED STUDENTS</i> 6:30-7:00pm	<i>FAMILY CLASS PARENT / KID</i> 6:30-7:00pm	<i>INTERMEDIATE WEAPONS</i> 6:30-7:00pm	<i>BLACK BELTS STUDENTS</i> 6:30-7:00pm	<i>LEADERSHIP TRAINING</i> 6:00-6:30pm	
<i>INTERMEDIATE STUDENTS</i> 7:00-7:30pm	<i>INTERMEDIATE BELT SPARRING</i> 7:00-7:30pm	<i>BLACK BELT WEAPONS</i> 7:00-7:30pm	<i>ADVANCED STUDENTS</i> 7:00-7:30pm	<i>INTERMEDIATE/ADVANCED BOARD BREAKING</i> 6:30-7:00pm	
<i>BLACK BELTS STUDENTS</i> 7:30-8:00pm	<i>ADVANCED &amp; BLACK BELT SPARRING</i> 7:30-8:00pm	<i>ADVANCED WEAPONS</i> 7:30-8:00pm	<i>INTERMEDIATE STUDENTS</i> 7:30-8:00pm	<i>CREATIVE &amp; XTREME LEADERSHIP STUDENTS</i> 7:00-7:30pm	
<i>CARDIO KICKBOXING</i> 8:00-8:45pm	<i>KRAV MAGA TRAINING</i> 8:00-8:45pm	<i>CARDIO KICKBOXING</i> 8:00-8:45pm	<i>KRAV MAGA TRAINING</i> 8:00-8:45pm	<i>COMPETITION TRAINING</i> 7:30pm-8:00pm	

**This Schedule is Subject to Change • Please Check Class Calendar for Changes to Schedule**

**Schedule to take effect: October 13, 2014**

SEMI PRIVATE & PRIVATE LESSONS ARE TO BE SCHEDULED THROUGH YOUR INSTRUCTOR

## CLASS KEY

- Leadership Classes are for Leaderships Students *ONLY*
- Competition Classes are for Master Club & Leadership Students Only
- Combat Weapons Training is for Level 2 Leadership Only
- Sparring Classes are for all Master Club and Leadership Students with gear.
- Weapon Training using basic weapons are for Master Club and Leadership
- Weapon Training using advanced Weapons are for Leadership Students Only
- *Kick Boxing Training is for Level 2 Leadership and Kickboxing Students Only*
- *Krav Maga Class is for Krav Students and Level 3 Leadership*

**STARTING AUGUST 19, 2013 YOU MUST HAVE YOUR CARD TO ATTEND CLASSES**

(Replacement Attendance Cards will be at a cost of \$5.00)

**34619 LA Highway 16 • Located next to Best Stop Convenience Store • (225) 665-0909**