



Class Schedule

www.ATAMartialArtAcademy.com

34130 LA Hwy 16 - Suite 2
Watson, LA 70785
(225) 665-0909

MONDAY

11 AM TO NOON	TAEKWONDO & CONDITIONING	TEENS / ADULT & PARENTS
5:30 TO 5:50	TINY TIGERS	MIXED – AGES 3 THRU 6 YEAR OLDS
5:50 TO 6:20	WEAPONS TRAINING	MASTER CLUB \ LEADERSHIP ONLY
6:20 TO 6:50	BEGINNERS	WHITE, ORANGE AND YELLOW BELTS
6:50 TO 7:20	INTERMEDIATE \ ADVANCED	CAMO THRU RED BELT (MASTERCLUB&LEADERSHIP)
7:20 TO 7:45	LEADERSHIP TRAINING	LEADERSHIP ONLY
7:45 TO 8:15	BLACK BELT ONLY	BLACK BELT ONLY (MASTERCLUB&LEADERSHIP)

TUESDAY

5:00 TO 5:45	TAEKWONDO & CONDITIONING	TEENS / ADULT & PARENTS
5:45 TO 6:00	TINY TIGERS WEAPONS	TINY TIGER MASTER CLUB MEMBERS
6:00 TO 6:20	TINY TIGERS	MIXED – AGES 3 THRU 6 YEAR OLDS
6:20 TO 6:50	BEGINNERS	WHITE, ORANGE AND YELLOW BELTS
6:50 TO 7:20	INTERMEDIATE	CAMO THRU PURPLE BELT (MASTERCLUB&LEADERSHIP)
7:20 TO 7:50	SPARRING TRAINING	MASTERCLUB\LEADERSHIP STUDENTS WITH GEAR
7:50 TO 8:20	ADVANCED	BLUE THRU BLACK BELT (MASTERCLUB\LEADERSHIP)

WEDNESDAY

11 AM TO NOON	TAEKWONDO & CONDITIONING	TEENS / ADULT & PARENTS
5:30 TO 5:50	TINY TIGERS	MIXED – AGES 3 THRU 6 YEAR OLDS
5:50 TO 6:20	WEAPONS TRAINING	MASTER CLUB \ LEADERSHIP ONLY
6:20 TO 6:50	BEGINNERS	WHITE, ORANGE AND YELLOW BELTS
6:50 TO 7:20	INTERMEDIATE \ ADVANCED	CAMO THRU RED BELT (MASTERCLUB&LEADERSHIP)
7:20 TO 7:45	LEADERSHIP WEAPONS TRAINING	LEADERSHIP ONLY
7:45 TO 8:15	BLACK BELT ONLY	BLACK BELT ONLY (MASTERCLUB&LEADERSHIP)

THURSDAY

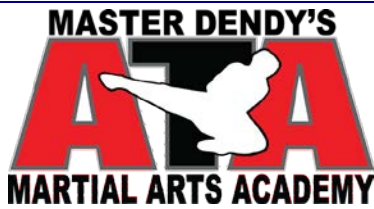
5:00 TO 5:45	TAEKWONDO & CONDITIONING	TEENS / ADULT & PARENTS
5:45 TO 6:00	TINY TIGERS WEAPONS	TINY TIGER MASTER CLUB MEMBERS
6:00 TO 6:20	TINY TIGERS	MIXED – AGES 3 THRU 6 YEAR OLDS
6:20 TO 6:50	BEGINNERS	WHITE, ORANGE AND YELLOW BELTS
6:50 TO 7:20	ADVANCED	BLUE THRU BLACK BELT (MASTERCLUB\LEADERSHIP)
7:20 TO 7:50	CREATIVE FORMS & WEAPONS TRAINING	LEADERSHIP ONLY
7:50 TO 8:20	INTERMEDIATE	CAMO THRU PURPLE BELT (MASTERCLUB&LEADERSHIP)

FRIDAY

11 AM TO NOON	TAEKWONDO & CONDITIONING	TEENS / ADULT & PARENTS
6:00 TO 6:30	SPARRING TRAINING	MASTERCLUB\LEADERSHIP STUDENTS WITH GEAR
6:30 TO 7:00	BLACK BELT ONLY	BLACK BELT ONLY (MASTERCLUB&LEADERSHIP)

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

Schedule to take effect: August 15, 2011



Class Schedule

www.ATAMartialArtAcademy.com

9384 Florida Blvd · Suite J
Walker, LA 70785
(225) 665-0909

MONDAY

5:15 TO 5:45	BEGINNERS	WHITE, ORANGE AND YELLOW BELTS
5:45 TO 6:05	COMBINED TINY TIGERS	KIDS 3 TO 6 YEARS OF AGE
6:05 TO 6:30	TINY TIGERS WEAPONS	TINY TIGER BLACK BELT CLUB MEMBERS
6:30 TO 7:00	ADVANCED	BLUE THRU BLACK BELT (MASTERCLUB&LEADERSHIP)
7:00 TO 7:20	COMBINED TINY TIGERS	KIDS 3 TO 6 YEARS OF AGE
7:20 TO 7:45	LEADERSHIP CLASS	LEADERSHIP MEMEBERS ONLY
7:45 TO 8:15	INTERMEDIATE	CAMO THRU PURPLE BELT (MASTERCLUB&LEADERSHIP)
8:15 TO 8:45	SPARRING	MASTERCLUB\LEADERSHIP STUDENTS WITH GEAR

TUESDAY

5:20 TO 5:40	COMBINED TINY TIGERS	KIDS 3 TO 6 YEARS OF AGE
5:40 TO 6:10	BEGINNERS	WHITE, ORANGE AND YELLOW BELTS
6:10 TO 6:40	INTERMEDIATE	CAMO THRU PURPLE BELT (MASTERCLUB&LEADERSHIP)
6:40 TO 7:10	ADVANCED	BLUE THRU RED/BLACK BELT (MASTERCLUB&LEADERSHIP)
7:10 TO 7:40	WEAPONS	MASTER CLUB AND LEADERSHIPS STUDENTS
7:40 TO 8:10	BLACK BELT ONLY	BLACK BELT ONLY (MASTERCLUB&LEADERSHIP)
8:10 TO 8:50	TAEKWONDO CONDITIONING	TEEN /ADULT & PARENTS

WEDNESDAY

5:15 TO 5:45	BEGINNERS	WHITE, ORANGE AND YELLOW BELTS
5:45 TO 6:05	COMBINED TINY TIGERS	KIDS 3 TO 6 YEARS OF AGE
6:05 TO 6:30	TINY TIGERS WEAPONS	TINY TIGER BLACK BELT CLUB MEMBERS
6:30 TO 7:00	ADVANCED	BLUE THRU BLACK BELT (MASTERCLUB&LEADERSHIP)
7:00 TO 7:20	COMBINED TINY TIGERS	KIDS 3 TO 6 YEARS OF AGE
7:20 TO 7:45	LEADERSHIP WEAPONS CLASS	LEADERSHIP MEMEBERS ONLY
7:45 TO 8:15	INTERMEDIATE	CAMO THRU PURPLE BELT (MASTERCLUB&LEADERSHIP)
8:15 TO 8:45	SPARRING	MASTERCLUB\LEADERSHIP STUDENTS WITH GEAR

THURSDAY

5:20 TO 5:40	COMBINED TINY TIGERS	KIDS 3 TO 6 YEARS OF AGE
5:40 TO 6:10	BEGINNERS	WHITE, ORANGE AND YELLOW BELTS
6:10 TO 6:40	INTERMEDIATE	CAMO THRU PURPLE BELT (MASTERCLUB&LEADERSHIP)
6:40 TO 7:10	BLACK BELT ONLY	BLACK BELT ONLY (MASTERCLUB&LEADERSHIP)
7:10 TO 7:40	WEAPONS	MASTER CLUB AND LEADERSHIPS STUDENTS
7:40 TO 8:10	ADVANCED	BLUE THRU RED/BLACK BELT (MASTERCLUB&LEADERSHIP)
8:10 TO 8:50	TAEKWONDO CONDITIONING	TEEN /ADULT & PARENTS

FRIDAY

5:20 TO 5:40	COMBINED TINY TIGERS	KIDS 3 TO 6 YEARS OF AGE
5:40 TO 6:10	BEGINNERS	WHITE, ORANGE AND YELLOW BELTS
6:10 TO 6:40	INTERMEDIATE / ADVANCED	CAMO TO BLACK BELT (MASTERCLUB\LEADERSHIP)
6:40 TO 7:30	GROUND FIGHTING - Jui Jitsu Class	MASTER CLUB / LEADERSHIP STUDENTS -TEEN & ADULTS

SATURDAY MORNING

9:00 TO 9:30	BEGINNERS	WHITE, ORANGE AND YELLOW BELTS
9:30 TO 10:00	COMBINED TINY TIGERS	KIDS 3 TO 6 YEARS OF AGE
10:00 TO 10:45	MIXED TAEKWONDO	MASTER CLUB AND LEADERSHIP CLUB CLASS
10:45 TO 11:30	XMA / CREATIVE TRAINING	FORMS & WEAPONS - LEADERSHIP ONLY
11:30 TO 12:00	TAEKWONDO / CONDITIONING	TEEN /ADULT & PARENTS

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