



# Class Schedule

www.ATAMartialArtAcademy.com

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## 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	INTERMEDIATE \ ADVANCED	CAMO THRU BLACK BELT (MASTERCLUB&LEADERSHIP)

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

**Schedule to take effect: August 15, 2011**