



MONDAY

4:45 - 5:30 p.m. K for K / Brown thru Black Belts
5:30 - 6:00 p.m. **TIGERS**
6:00 - 6:45 p.m. K for K / Camo thru Blue Belts
6:45 - 7:30 p.m. Teens & Adults / All Ranks
7:30 – 8:15 p.m. **Cardio Kickboxing (Teen and Adults)**

TUESDAY

4:45 - 5:30 p.m. K for K / Brown thru Red Belts
5:30 - 6:15 p.m. K for K / White thru Yellow Belts
6:15– 7:00 p.m. **LEGACY**
7:00 – 7:45 p.m. Rec. Black and Black Belt Class – All Ages
7:45 - 8:30 p.m. **Krav Maga**

WEDNESDAY

4:45 - 5:15 p.m. **TIGERS**
5:15 – 6:00 p.m. K for K / White thru Blue Belts
6:00 – 6:30 p.m. Black Belt Club (*All Ranks*)
6:30 – 7:15 p.m. Teens & Adults / All Ranks
7:15 – 8:00 p.m. **Cardio Kickboxing (Teen and Adults)**

THURSDAY

4:30 - 5:15 p.m. K for K / White thru Blue Belts
5:15 - 6:00 p.m. **LEADERSHIP**
6:00 - 6:45 p.m. K for K / Brown thru Black Belts
6:45 - 7:30 p.m. Teens & Adults / All Ranks
7:30 - 8:15p.m. **Krav Maga**

FRIDAY (*ATA T-Shirt Night*)

4:30 - 5:00 p.m. **TIGERS**
5:00 – 5:45 p.m. K for K / White thru Black Belts Sparring / Combat Sparring
5:45 - 6:30 p.m. **Cardio Kickboxing (Teen and Adults)**

SATURDAY

9:15 – 9:45 a.m. K for K / White thru Blue Belts
9:45 - 10:15 a.m. K for K / Brown thru Red Belt
10:15 – 10:45 a.m. **TIGERS**
10:45 - 11:30 a.m. Teens & Adults / All Ranks
10:45 - 11:30 a.m. K for K / Rec. Black and Black Belts
11:30 a.m. – 12:15 p.m. **Krav Maga**