



MONDAY

- 3:45 - 4:15 p.m. Private Lessons (30 min per session)
- 4:15 - 5:00 p.m. K for K / Black Belts
- 5:00 - 5:30 p.m. **TIGERS**
- 5:30 - 6:15 p.m. K for K / Camo thru Black Rec.
- 6:15 - 7:00 p.m. Teens & Adults / All Ranks
- 7:00 - 7:45 p.m. **Cardio Kickboxing**
- 7:45 - 8:30 p.m. **Krav Maga (Core)**

TUESDAY

**(Black or Red Leadership Uniforms Permitted)**

- 3:45 - 4:15 p.m. Private Lessons (30 min per session)
- 4:15 - 5:00 p.m. K for K / White thru Yellow Belts
- 5:00 - 5:45 p.m. K for K / Camo thru Black Rec.
- 5:45 - 6:30 p.m. **LEGACY**
- 6:30 - 7:15 p.m. Black Belts (All Ages)
- 7:15 - 7:45 p.m. **Tai Chi**
- 7:45 - 8:30 p.m. **Krav Maga (Core)**

WEDNESDAY

- 3:45 - 4:15 p.m. Private Lessons (30 min per session)
- 4:15 - 5:00 p.m. K for K / Camo thru Black Rec.
- 5:00 - 5:30 p.m. **TIGERS**
- 5:30 - 6:15 p.m. K for K / White thru Yellow Belts
- 6:15 - 7:00 p.m. Teens & Adults / All Ranks
- 7:00 - 7:45 p.m. **Cardio Kickboxing**
- 7:45 - 8:30 p.m. **Krav Maga (Advanced)**

THURSDAY

**(Black or Red Leadership Uniforms Permitted)**

- 3:45 - 4:15 p.m. Private Lessons (30 min per session)
- 4:15 - 4:45 p.m. **TIGERS**
- 4:45 - 5:15 p.m. **BLACK BELT CLUB (All Ranks)**
- 5:15 - 5:45 p.m. **SPARRING (All Ranks & Ages)**
- 5:45 - 6:30 p.m. **LEADERSHIP**
- 6:30 - 7:15 p.m. K for K / Black Belts
- 7:15 - 8:00 p.m. Teens & Adults
- 8:00 - 8:45 p.m. **Krav Maga (Core)**

FRIDAY

- 4:45 - 5:30 p.m. K for K / White thru Yellow Belts
- 5:30 - 6:00 p.m. **Cardio Kickboxing**
- 6:30 - 7:00 p.m. **Tai Chi**

SATURDAY

*(ATA T-Shirt Day)*

- 9:15 - 9:45 a.m. K for K / White thru Black Rec.
- 9:45 - 10:15 a.m. **TIGERS**
- 10:15 - 11:00 a.m. Teens & Adults / All Ranks
- 10:15 - 11:00 a.m. K for K / 1<sup>st</sup> Deg. Black Belts *and Up*
- 11:00 - 11:45 a.m. **Krav Maga (Core) \*Select Saturdays**

Private Lessons are \$35.00 per 30 min. session