



*Morning Cardio Kickboxing will begin January 3, 2018.*

### MONDAY

- 8:30– 9:00 a.m. **Cardio Kickboxing**  
4:30 -5:15 p.m. **K for K / Red thru Black Belts**  
5:15 -5:45 p.m. **TIGERS**  
5:45 -6:30 p.m. **K for K / Camo thru Brown Belts**  
6:30 -7:15 p.m. **Teens & Adults / All Ranks**  
7:15 -8:00 p.m. **Cardio Kickboxing (Teen and Adults)**  
8:00 -8:45 p.m. **Krav Maga**

### THURSDAY

- 4:30 -5:15 p.m. **K for K / White thru Yellow Belts**  
5:15 -6:00 p.m. **LEADERSHIP (ages 9 and under)**  
6:00 -6:45 p.m. **K for K / Camo thru Brown Belts**  
6:45 -7:30 p.m. **Teens & Adults / All Ranks**  
7:30 -8:15 p.m. **Krav Maga**

### TUESDAY

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

### FRIDAY (ATA T-Shirt Night)

- 8:30– 9:00 a.m. **Cardio Kickboxing**  
4:30 -5:00 p.m. **TIGERS**  
5:00 -5:45 p.m. **K for K / White thru Yellow Belts**  
5:45 -6:30 p.m. **Cardio Kickboxing (Teen and Adults)**  
6:30 p.m. - **Seminars\***  
**(\*Please see flyers for information\*)**

### WEDNESDAY

- 8:30– 9:00 a.m. **Cardio Kickboxing**  
4:30 -5:00 p.m. **TIGERS**  
5:00 -5:45 p.m. **K for K/ Camo thru Brown Belts**  
5:45 -6:15 p.m. **BLACK BELT CLUB (All Ranks)**  
6:15 -7:00 p.m. **LEADERSHIP (ages 10 and up)**  
7:00 -7:45 p.m. **K for K / Red thru Black Belts**  
7:45 -8:30 p.m. **Cardio Kickboxing (Teen and Adults)**

### SATURDAY

- 9:15 -9:45 a.m. **K for K / White thru Green Belts**  
9:45 -10:15 a.m. **K for K / Purple thru Black Rec.**  
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 / 1<sup>st</sup> Deg. Black Belts and Up**  
11:30 a.m. -12:15 p.m. **Krav Maga**  
12:45 - 2:45 p.m. **Competition Team \***  
**(\*Select Saturdays. See Team Schedule\*)**