



**MONDAY**

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

**THURSDAY**

- 9:30 - 4:15 p.m. **Private Lessons** (30 min per session)
- 4:15 - 5:00 p.m. **LEADERSHIP** (*ages 9 and under*)
- 5:00 - 5:30 p.m. **BLACK BELT CLUB** (*All Ranks*)
- 5:30 - 6:00 p.m. **SPARRING** (All Ranks & Ages)
- 6:00 - 6:45 p.m. **LEADERSHIP** (*ages 10 and up*)
- 6:45 - 7:30 p.m. **Teens & Adults / All Ranks**
- 7:30 - 8:15 p.m. **Krav Maga (Core)**

**TUESDAY**

- 9:30 - 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 Red Belts**
- 5:45 - 6:30 p.m. **LEGACY**
- 6:30 - 7:15 p.m. **Black Rec. thru Black Belts** (All Ages)
- 7:15 - 8:00 p.m. **Krav Maga (Core)**
- 8:00 - 8:45 p.m. **Krav Maga (Advanced)**

**FRIDAY** (*ATA T-Shirt Night*)

- 9:00 - 9:30 a.m. **Cardio Kickboxing** (*Teen and Adults*)
  - 11:00 - 11:45 a.m. **Krav Maga (Core)**
  - 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**

- 9:00 - 9:30 a.m. **Cardio Kickboxing** (*Teen and Adults*)
- 11:00 - 11:45 a.m. **Krav Maga (Core)**
- 4:15 - 5:00 p.m. **K for K / Camo thru Brown Belts**
- 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. **K for K / Red thru Black Belts**
- 7:00 - 7:45 p.m. **Teens & Adults**
- 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 - 12:15 p.m. **Krav Maga (Core) / Krav Firearms Courses**