



MONDAY

- 3:45 - 4:15 p.m. Private Lessons (30 min per session)
- 4:15 - 5:00 p.m. K for K / Brown thru Black Belts
- 5:00 - 5:30 p.m. **TIGERS**
- 5:30 - 6:15 p.m. K for K / White thru Blue 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)**

WEDNESDAY

- 3:45 - 4:15 p.m. Private Lessons (30 min per session)
- 4:15 - 5:00 p.m. K for K / White thru Blue Belts
- 5:00 - 5:30 p.m. **TIGERS**
- 5:30 - 6:15 p.m. K for K / Brown thru Black Belts
- 6:15 - 7:00 p.m. Teens & Adults / All Ranks
- 7:00 - 7:45 p.m. **Cardio Kickboxing** (*Teen and Adults*)

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 Blue Belts
- 5:00 - 5:30 p.m. **SPARRING** (All Ranks & Ages)
- 5:30 - 6:15 p.m. Brown thru Black Belts (All Ages)
- 6:15 - 7:00 p.m. **LEGACY**
- 7:00 - 7:45 p.m. **Krav Maga (Core)**
- 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 - 6:00 p.m. **LEADERSHIP**
- 6:00 - 6:45 p.m. Teens & Adults / All Ranks
- 6:45 - 7:30 p.m. **Cardio Kickboxing** (*Teen and Adults*)
- 7:30 - 8:15 p.m. **Krav Maga (Core)**

SATURDAY

(ATA T-Shirt Day)

- 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 / 1st Deg. Black Belts *and Up*
- 11:30 - 12:15 p.m. **Krav Maga (Core)** / Select Saturdays