



# Class Schedule

## Effective January 18<sup>th</sup> 2010



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“CREATING TOMMOROWS LEADERS... ONE BLACK BELT AT A TIME”

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Tiny Tigers	4:15pm	5:45pm	4:15pm	5:45pm		
Karate 4 Kids	4:15pm	6:15pm	4:15pm	6:15pm		
Jr. Black Belt Club & <u>Leadership</u>	6:30pm	4:15pm	6:30pm	4:15pm		
Kid-Jitsu	5:45pm		5:45pm			
Jr. Leadership	5:00pm	5:00pm		5:00pm		10:45am Dream Team
Thai Kickboxing	12:15pm	7:30pm	12:15pm	7:00pm		11:30am
ATA Adults	7:15pm	6:45pm	7:15pm		6:30pm Instructors	11:30am
SPARRING (All Ages)					5:00 PM	
Black belts Adults/Juniors			5:00pm		5:45 PM	
<u>ATA Competition</u> Adults/Leadership						9:45am

Tiny Tigers    4 yrs-6 yrs  
 K4K            7 yrs-12 yrs  
 ATA            13 yrs-Adult  
 Jr. Leadership    RWB Collar  
 Leadership    Red Collar, Lvl-1, Lvl-2, Cert.

- Please, arrive no earlier than 10 Minutes before class.
- Uniforms should be ironed, clean, and odor free. Wear approved ATA uniform.
- Minimum noise while awaiting your class, do not interrupt the class ahead of you.
- Bring all Gear to every class! Make sure your gear and bag are labeled with your name!
- Bow in and out of door and on and off mats.
- Greet Instructors and Fellow Students with a Bow.
- Always Demonstrate a Black Belt Attitude.
- Attend Class regularly Twice a week minimum..