



SCHEDULE OF CLASSES: (AS OF FEBRUARY 28, 2011)

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TINY TIGERS (AGES 3-6) BASIC PROGRAM STUDENTS MAY ATTEND UP TO 3 CLASSES PER WEEK.

CLASS	MON.	TUE.	WED.	THU.	FRI.	SAT.
Tiny Tigers (All Ranks)	5:00-5:30		4:15-4:45	6:00-6:30	4:15-4:45	10:00-10:30 FAMILY
Tiny Tigers (Master and Leadership Only)	5:30-5:45		4:45-5:00	6:30-6:45	4:45-5:00	10:30-10:45

JUNIORS (AGES 7-12) BASIC PROGRAM STUDENTS MAY ATTEND UP TO 3 CLASSES PER WEEK.

CLASS	MON.	TUE.	WED.	THU.	FRI.	SAT.
Beginner Belts (W, O, Y)	4:15-4:45	6:00-6:30	5:00-5:30		5:00-5:30	10:00-10:30 FAMILY
Beginner Belts (Master and Leadership Only)	4:45-5:00	6:30-6:45	5:30-5:45		5:30-5:45	10:30-10:45
Advanced Belts (C, G, P, Bl, Br, Red, R/B)	5:45-6:15	4:15-4:45	5:45-6:15		5:45-6:15	11:30-12:00
Advanced Belts (Master and Leadership Only)	6:15-6:45	4:45-5:15	6:15-6:45		6:15-6:45	12:00-12:30
Black Belts (All Degrees)	7:30-8:30		6:45-7:45	4:15-5:15	5:45-6:45	12:30-1:30

LEADERSHIP AND CIT (ALL RANKS & AGES)

LEADERSHIP STUDENTS HAVE UNLIMITED CLASSES.

CLASS	MON.	TUE.	WED.	THU.	FRI.	SAT.
Tournament & Sparring Prep (Leadership and CIT Only)	6:45-7:30					
ATA Xtreme Martial Arts (Leadership and CIT Only)				5:15-6:00		
ATA Leadership Skills Class (Leadership and CIT Only)						10:45-11:30
Certified Instructor Training (Staff and CIT Club Only)		5:15-6:00				
Open Training (Private Lessons Available)					6:45-7:45	

TEENS AND ADULTS (AGES 13+)

ADULTS MAY ATTEND UP TO 3 CLASSES PER WEEK.

CLASS	MON.	TUE.	WED.	THU.	FRI.	SAT.
Teens and Adults (All Ranks)		6:45-7:15		6:45-7:15	FRI. NIGHT ACTIVITIES	1:30-2:00
Teens and Adults (MC, LC, CIT Only)		7:15-7:45		7:15-7:45	PARENTS NIGHT OUT	2:00-2:45 CARDIO
Introductory Jiu Jitsu (Krav Maga Students Only)			8:30-9:15		WEAPONS SEMINARS	
Commando Krav Maga Fitness (All Levels)			7:45-8:30		TESTING CEREMONY	2:00-2:45 CARDIO
Introductory Krav Maga (All Levels)		7:45-8:30		8:30-9:15	FIGHTING SEMINARS	SUNDAY BY APPT.
Introductory Krav Maga Fight (Gear Required)		8:30-8:45		9:15-9:30	PRIVATE LESSONS	
Advanced Krav Maga (Levels II, III, IV, V)		8:45-9:15		7:45-8:15	SCHOOL COMPETIONS	SUNDAY BY APPT.
Advanced Krav Maga Fight (Gear Required)		9:15-9:30		8:15-8:30	SAFETY SEMINARS	

- ❖ Tiger and Junior Classes on Saturday mornings are family classes. Parents are encouraged to participate.
- ❖ Krav Maga Fight Classes are available only to those who have fight gear. Please consult with an instructor.
- ❖ **MC = Master Club – By acceptance or invitation only. Please consult with an instructor for an application.**
- ❖ **LC = Leadership Club – By acceptance or invitation only. Please consult with an instructor for an application.**
- ❖ **CIT = Certified Instructor Training – By acceptance or invitation only. Only Leadership Club students may apply.**