

ATA MARTIAL ARTS SCHEDULE 302-0009

Monday

4:45-5:30 Black Belts & Recommended Black Belts

5:30-6:15 Leadership

6:15-7:00 Black Belt Club

7:00-7:30 Basics Class

7:30-9:00 Mixed Martial Arts

Tuesday

4:00-4:30 Tiny Tigers

4:30-4:45 Tiny Tigers Black Belt Club

4:45-5:30 Black Belt Club

5:30-6:15 Leadership

6:15-7:00 Black Belts & Recommended Black Belts

7:00-7:30 Basics Class

7:30-9:00 Mixed Martial Arts

Wednesday

4:45-5:30 Black Belts & Recommended Black Belts

5:30-6:00 Ju Jitsu Class

6:15-7:00 Black Belt Club

7:00-7:30 Basic Class

7:30-9:00 Mixed Martial Arts

Thursday

4:00-4:30 Tiny Tigers

4:30-4:45 Tiny Tigers Black Belt Club

4:45-5:30 Black Belt Club

5:30-6:15 Demo Team Practice

6:15-7:00 Black Belts & Recommended Black Belts

7:00-7:30 Basic Class

7:30-9:00 Mixed Martial Arts

Friday-Open Mat time 5-6 *By appointment only*