





ATA MARTIAL ARTS LAKEWOOD - 303-985-1815 -- **CLASS TIMES** (beginning May 1, 2017) -- www.atataekwondo.com

Monday BLACK UNIFORMS OK	Tuesday	Wednesday ATA t-shirt day	Thursday BLACK UNIFORMS OK	Fri	Saturday
Separate age training day	Separate rank training day	Separate age training day	Separate rank training day		Separate Age training day
Etiquette tip: Bow to flags when you enter the school as a show of respect; say hello ma'am or sir to show your communication skill; and wear only white shirt (if any part shows – black t-shirt ok under black uniform) under uniform top to show discipline in your uniform attire.		11:30 am All Rank Age class T-shirt attire ok	Family leadership and Legacy night. Great night to schedule an early "before" Legacy private lesson.	Competition class first Friday of each month.	9:30 am 
Doors open for open gym at 4:45 pm. Private lessons available by appointment at 4:00 pm					10:15 am All Rank Karate Kids White-Black*
5:00 pm 	5:15 pm White-Purple Karate Kids and Adults/Parents Adults and kids will be separated for training.	5:00 pm 	5:15 pm LEGACY Elite Legacy may stay and assist/train in 5:45 pm class		11:15 am All Rank Adults and Teens White-Black
5:45 pm ATA LEADERSHIP (bring your Kamas) All age and Rank	6:00 pm 	5:45 pm All Rank Karate Kids White-Black*	5:45 pm All White-Purple ALL AGE CLASS Adults and kids will be separated for training.		12:00 pm Warrior Krav Maga SELF DEFENSE for Adults and Teens T-shirt attire
6:30 pm All Rank Karate Kids White-Black*	6:30 pm Blue-Black All age advanced training class	6:30 pm All Rank Adults and Teens White-Black	6:30 pm ATA LEADERSHIP (bring your Kamas) All age and Rank Only 30 min		NOTE: ALL LEGACY MEMBERS MAY ATTEND ANY CLASS IN SCHEDULE IF NECESSARY. WHEN TRAINING IN A LOWER RANK OR AGE CLASS, YOU MAY BE ASKED TO LEAD ANOTHER STUDENT FROM TIME TO TIME. *Parent's who are students are urged to join the Legacy program if you would like to train regularly at same time as kids. Thank you. Ask about our generous family discounts.
7:15 pm All Rank Adults and Teens White-Black	7:15 pm LEGACY Elite Leadership	7:15 pm Warrior Krav Maga SELF DEFENSE	7:00 pm BLUE-BLACK BELTS All age class Advanced training class		