






ATA MARTIAL ART LAKEWOOD CLASS TIMES

August and September 2018

Monday	Tuesday	Wednesday	Thursday T-SHIRT NIGHT	Friday	Saturday
Begin wearing uniforms to class August 11	Leaders may wear their Black uniforms any day!	11:30 am Day class All Age	New T-shirt night starts August 23	Check event calendar for special events	9:45 am  3-6 years
4:30 PM 	4:30 pm Private lessons by appt. Doors will be open early to warm up for 5:15 pm class	4:45 pm 	4:30 pm Private lessons by appt. Doors will be open early to warm up for 5:15 pm class		10:15 am ALL RANK Karate Kids (new white belts will be paired with an instructor)
5:00 pm Team X Elite	5:15 pm White-Purple All Age 7-Adult Studio B is available during 6 pm Tiger Class for open gym	5:15 pm LEADERSHIP Performance and life skill training	5:15 pm Blue-Black All Age 7-Adult Studio B is available during 6 pm Tiger Class for open gym		11:00 am ALL RANK Adults and Teens
6:00 pm All Rank Karate Kids (new white belts will be paired with an instructor)	6:00 pm  All Rank ATA Tigers 3-6 years	5:45 PM ALL Rank Karate Kids (new white belts will be paired with an instructor)	6:00 pm  All Rank ATA Tigers 3-6 years		12:05 noon Krav Maga Self-Defense and Fitness Casual, Teens and Adults T-shirt attire
6:45 pm All Rank Teens and Adults 13+	6:30 pm Blue-Black All Age 7-Adult FAMILY CLASS	6:30 pm All Rank Teens and Adults 13+	6:30 pm White-Purple All Age 7-Adult		Did you know we do free birthday parties for students?
7:45 PM Private lessons by appt.	7:15 pm LEGACY Leadership Elite and Instructor Training Class	7:20 pm Krav Maga Self-Defense and Fitness Casual, Teens and Adults T-shirt attire	7:30 pm Private Lessons by Appt.		