

January 2019

ATA MARTIAL ARTS LAKEWOOD

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Lakewood, CO 80227
303-985-1815
www.atataekwondo.com



January event calendar

Check in on Facebook!

www.facebook.com/atamartialartslakewood

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		1 HAPPY NEW YEAR CLOSED	2 SPECIAL SCHEDULE Are you ATA Fit?	3 CAREFULLY REVIEW NEW CLASS TIMES.	4	5 Regular class Krav Maga @ noon
6 Week 1	7 Your goal is to attend a minimum of 2 classes per week. If you are in LC, your minimum is 3.	8 Legacy every Tuesday at 7:15 pm	9 11:30 am day class every Wednesday Krav Maga @ 7:15 pm	10 Long staff will be featured every Thursday – see class times	11 TEAM X ELITE – PRACTICE 4-5:30 pm to prepare for January 19 tourn.	12 Regular classes + YOGA AT NOON with Mrs. Dell Free class (future fees/punch cards announced today) Future Yoga dates, Feb. 2, 16 and March 2
13 Week 2	14	15 Finalize your tournament registrations ataregion109.com	16 Krav Maga @ 7:15 pm	17	18 BLACK BELT WORKOUT @ 6:30 pm Tourn site (in Blacks)	19 CLOSED – REGIONAL TOURNAMENT Loveland
20 Week 3	21 CLOSED FOR MARTIN LUTHER KING DAY	22	23 Team X Elite, please attend LC tonight Krav Maga @ 7:15	24	25	26 Krav Maga @ noon
27 Week 4	28 LEGACY JUNIORS, MEET IN STUDIO B DURING KARATE KID CLASS	29	30 SPECIAL GUEST @ 6:30 pm Master Dante James Open to all teens and adults, this class will supercede the rest of the evening.	31	Feb 1 KIDS NIGHT OUT Wear your favorite team jersey, sport drills and games 6-9 pm \$10 each, one friend for free - eat dinner before you arrive – bring your own snack	2 Regular class + YOGA AT NOON (see Mrs. Dell for \$)

We will have regular classes unless otherwise indicated here.