


January-February 2019 Class times

Discipline Month
"to obey what is right"



ATA
MARTIAL ARTS
3355 S. Yarrow St., #E117
Lakewood, CO 80227
303-985-1815
www.atataekwondo.com

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRI	SATURDAY
Private lessons by appointment	Please arrive 5-10 minutes early for class.	11:30 am All Rank/Age	ATA T-SHIRT DAY		9:45 am ATA Tigers Please arrive 5-10 minutes early.
4:30 p.m. ATA Tigers	5:15 pm White-Purple Karate Kids and Adults	4:30 p.m. ATA Tigers	5:15-6:15 pm Blue-Black Karate Kids and Adults +long staff*		10:15 am Karate Kids
5:00 pm Demo Team Class	6:00 pm ATA Tigers	5:00 pm Leadership Class	6:15 pm ATA Tigers		11:00 a.m. All Adults and Kids
6:00 p.m. All Rank Karate Kids Legacy Juniors Studio B 3rd week of each mo.	6:30 p.m. Blue-Black ALL AGE	5:45 pm All Rank Karate Kids	6:45-7:45 pm White-Purple Karate Kids and Adults +long staff*		12:00 noon Krav Maga Self Defense and Fitness <small>(yoga will supercede once in a while, check school announcements)</small> t-shirt attire
6:45-7:45 pm All Teens and Adults +long staff* Private lessons by appt.	7:15 p.m. Legacy "elite leadership training"	6:30 pm All Teens and Adults			Reserve your FREE BIRTHDAY PARTIES 30-45 days in advance
		7:15 p.m. Krav Maga Self Defense and Fitness t-shirt attire	Private lessons by appt.		

*at least 15 min of long staff included;
all other days will be ad hoc 5-10 min within class during January and February.

<p>New to our school? Please try a complimentary class!</p> <p><i>Upgrade to the all new Legacy during the first quarter of 2019 and receive \$35 off your April regional tournament competition.</i></p>	<p>ASK ABOUT? Leadership Club – unlimited classes, plus one free private lesson every 8 weeks; discounted testing fees; Legacy (colored belts receive free testing fee until brown belt) (must be 9 or older and at least a camo belt) plus other incentives, see Sr. Master Black (Private lessons range from \$30-\$40 per 30 minutes.)</p> <p><i>Integrity - All membership dues and your ATA Card <u>must</u> be current to participate in any class, testing, tournament or other event at the ATA Martial Arts. Additionally, all students must have proper sparring gear by camo belt, including athletic supporter for males.</i></p>
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