



ATA Family Martial Arts Schedule - ALL CLASSES

(Starts February 6, 2012)

	Monday	Tuesday	Wednesday	Thursday	Friday
4:00 PM		Kids BJJ *Sports Core Plus	Tiny Tigers (4:10-4:40)	Kids BJJ	Tiny Tigers (4:10-4:40)
4:40 PM	White-Yellow Kids	Camo-Blue & Brown-Black Kids	White-Yellow Kids	Camo-Blue Kids	Leadership
5:20 PM	Weapons Class	*Kicking & Stretching Tiny Tigers (5:30-6:00)	Camo-Blue Kids	Tiny Tigers (5:30-6:00)	Camo-Blue & Brown-Black Kids
6:00 PM	Brown-Black Kids/Adults	White-Yellow Kids	Brown-Black Kids/Adults	White-Yellow Kids	Weapons Class *Sports Core Plus
6:20 PM	Kicking & Stretching				
7:00 PM	White-Yellow Adults Sports Core Plus	White-Yellow Adults *Combatives	Kids/Adult Sparring	White-Yellow Adults Kicking & Stretching	Kids/Adult Sparring
7:40 PM	Camo - Black Adults	Camo - Black Adults	Camo - Black Adults	Camo - Black Adults Sports Core Plus	Adult BBC *Kicking & Stretching
8:20 PM	Adult Sparring	Adult BJJ	White-Yellow Adults	Adult BJJ	Adult BJJ
9:00 PM	Instructor Class				

Kid Classes (K4K)

(Tiny Tigers: 30 Mins-Kids: 40 Mins)

Tiny Tigers		5:30	4:10	5:30	4:10
White-Yellow	4:40	6:00	4:40	6:00	
Camo-Blue		4:40	5:20	4:40	5:20
Brown-Black	6:00	4:40	6:00		5:20
Sparring Class			7:00		7:00
Weapons Class	5:20				6:00
Leadership					4:40
Kids BJJ	4:00			4:00	

Adult Classes

(Adult: 40 Mins)

Adult BBC					7:40
Sparring Class	8:20		7:00		7:00
White-Yellow	7:00	7:00	8:20	7:00	
Camo-Blue	7:40	7:40	7:40	7:40	8:20
Brown-Black	6:00, 7:40	7:40	6:00, 7:40	7:40	
Leadership					4:40
Kicking & Stretching	6:20	* 5:20		7:00	* 7:40
Sports Core Plus	7:00	* 4:00		7:40	* 6:00
Combatives		* 7:00			
Adult BJJ		8:20		8:20	8:20

* Means due to instructor availability this class will have space, but may be led by another student

Phone: (970) 674-0321

Web Site: www.WATAFMA.com