



ATA Martial Arts Class Schedule (effective 4-1-2017)
 1415 Fulton Rd., Ste 225, Santa Rosa 95403
 (707) 523-1144

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
ADULTS & TEENS (COLOR BELTS)	7:00PM		7:00PM		6:15PM	10:45AM MAKE-UP
ADULT & TEENS SPARRING	6:00PM					
BLACK BELTS (KIDS)		6:15pm	5:15PM	6:15PM		10:45AM MAKE-UP
BLACK BELTS (AGES 15 & UP)	7:00PM	6:15PM	7:00PM	6:15PM	6:15PM	10:45AM MAKE-UP
KIDS LEADERSHIP CLASS		5:15PM	5:15PM	5:15PM		10:45AM MAKE-UP
KIDS BLACK BELT CLUB	5:15PM	4:00PM		4:00PM		10:45AM MAKE-UP
TIGERS BLACK BELT CLUB (GROUP 1)	4:45PM		4:45PM			9:30AM MAKE-UP
TIGERS BLACK BELT CLUB (GROUP 2)		4:45PM		4:45PM		9:30AM MAKE-UP
LEADERSHIP TIGERS	4:00PM	5:15PM	4:00PM			
TIGERS SPARRING						9:00AM
BEGINNER (LVL 1) SPARRING					4:00PM	10:00AM
INTERMEDIATE (LVL 2) SPARRING					4:45PM	10:00AM
ADVANCED (LVL 3) SPARRING	6:00PM				5:30PM	
BOOTCAMP			6:15PM			
COMPETITION CLASS					7:00PM	
LEGACY		7:15PM				

Class schedule subject to change at any time.

Please arrive 5-10 minutes prior to the start of your class.

Any t-shirts worn under your uniform must be white.

Full uniforms required during the week, students may wear black ATA pants and ATA shirts for Fridays / Saturdays