



NEW SCHEDULE BEGINS: Monday March 8, 2010

Schedule subject to change

Monday

9:00-10:00 a.m.	Adults
3:30-4:00	Tiny Tiger Black Belt Club
4:00-4:30	Tiny Tigers All
4:30-5:15	Camo-Blue Belts
5:15-6:00	White-Yellow Belts
6:00-7:00	All Black Belts
7:00-8:00	Adults/Teens 13 and Older
8:00-9:00	Krav Maga

Tuesday

4:00-5:00	2 nd Degree Black Belts and Up
4:30-5:30	1 st Degree Black Belts
5:30-6:00	Tiny Tigers All
6:00-6:45	Camo-Blue Belts
6:45-7:45	Leadership
7:45-8:45	Instructors

Wednesday

4:00-4:30	Tiny Tigers All
4:30-5:15	Brown-Red/Black Belts
5:15-5:45	Color Belt Weapons
5:45-6:30	White-Yellow Belts
6:30-7:30	Master Club
7:30-8:30	Krav Maga

Thursday

4:00-5:00	Color Belt Sparring
5:00-5:30	Color Belt Weapons
5:30-6:00	Tiny Tiger All
6:00-6:30	Tiny Tiger Black Belt Club
6:30-7:15	Junior Leadership
7:15-8:00	Brown-Red/Black Belts
8:00-9:00	Adults

Saturday

9:00-10:00	Adults 17 and Older
9:30-10:30	Teen 13-16
10:30-11:15	Brown- Black Belts Sparring
11:15-12:15	Leadership
12:15-12:45	Color Belt Weapons
12:45-1:30	White-Blue Belt Sparring
1:30-2:00	White-Yellow Belts
2:00-3:00	ATA Warrior X-Fit