

# Class Schedule

Schedule effective August 23, 2010

online schedule and calendar: [www.ataspringfield.com](http://www.ataspringfield.com)

	Monday <b>A</b>	Tuesday <b>A</b>	Wednesday <b>B</b>	Thursday <b>B</b>	Friday	Saturday
<b>Personal Training</b>	By Appt.	By Appt.	By Appt.	By Appt.	By Appt.	By Appt.
<b>Basic Tigers</b>	5 - 5:30 pm	5:45 - 6:15 pm	5 - 5:30 pm	5:45 - 6:15 pm		
<b>Advanced Tigers</b>	5 - 5:30 pm	5:45 - 6:15 pm	5 - 5:30 pm	5:45 - 6:15 pm		
<b>Basic Color Belts</b>	5:30 - 6 pm	6:15 - 6:45 pm	5:30 - 6 pm	6:15 - 6:45 pm		
<b>Leadership Color Belts</b>	6 - 6:45 pm	5 - 5:45 pm	6 - 6:45 pm	5 - 5:45 pm		
<b>Black Belts</b>	7:15 - 8 pm	7:15 - 8 pm	7:15 - 8 pm	7:15 - 8 pm		
<b>Leadership/SWAT</b>				4:30 - 5 pm		
<b>Kids Combat Club</b>	6:45 - 7:15 pm		6:45 - 7:15 pm			
<b>Adult Combat Club</b>		6:45 - 7:15 pm		6:45 - 7:15 pm		
<b>Tournament TEAM</b>					As Scheduled	As Scheduled
<b>ATA FIT/Cage Fitness</b>	8 - 8:30 pm	8 - 8:30 pm	8 - 8:30 pm	8 - 8:30 pm		
<b>Combat Weapons/Specialty</b>					As Scheduled	As Scheduled

“**A**” Days = Forms/weapons  
 “**B**” Days = Sparring/Self defense



*Please see us at the academy to build your personalized schedule.*

**ATA MARTIAL ARTS . 1440 W REPUBLIC RD #140 . SPRINGFIELD, MO . 65807 . QUAIL CREEK PLAZA**

# 889.9312

Schedule will change periodically to better meet student's needs.