



# Lee's ATA Martial Arts- Laveen Campus

3636 W. Baseline Rd. #196 Laveen, AZ 85339

(602) 605-8815 | www.leesATAmember.com

Effective August 8, 2017

CLASS SCHEDULE	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Tiny Tiger - White-Yellow		6:00 pm	4:15 pm	4:15 pm 5:45 pm	5:00 pm	10:00 am	
Tiny Tiger – Weapons training	4:45 pm (45 min)				4:30 pm (30min)	9:00 am (30min)	
Tiny Tiger – Intermediate/Advanced	4:15 pm	6:00 pm		4:15 pm	5:00 pm	10:00 am	
Tiny Tiger – Sparring						9:30 am	
Karate Kid – White through Camo	5:30 pm	4:30 pm	4:45 pm	5:00 pm	6:15 pm	8:00am 10:30 am	
Karate Kid Green-Red	4:00 pm		5:30 pm	5:30 pm	4:15 pm	11:15 am	
Rec Blk Belt-Black Belt Kids			4:45 pm	4:45 pm	5:30 pm	11:15 am	
Karate Kid Black Belt Only	7:00 pm						
Karate Kid Sparring	4:45 pm				6:15 pm		
Family Class				6:15 pm			
Teen/Adult – Color Belts		6:30 pm	6:15 pm	7:00 pm		12:15 pm	
Teen/Adult - Black Belt	7:00 pm	6:30 pm	7:15pm			12:15 pm	
Adult Leadership(45min)		7:30 pm		6:15 pm		11:30 pm	
Tournament Prep (45min)		5:15 pm				10:45 am	
(XMA) Hyper Pro Training		4:30 pm	6:15 pm			11:30 am	
Demo Team INVITE ONLY					7:15 pm		
Leadership	6:15 pm		5:30 pm				
CTI/JTI	6:15 pm			6:15 pm			
Fight Club All AGES	5:30 pm		7:20 pm		5:30 pm	10:00 am	
Teen/Adult Sparring						11:15 am	
Martial Fitness (60 min.)	7:00 pm		7:00 pm	7:00 pm		8:00 am	
Cage Fitness (60 min.)		7:30 pm				8:30 am	
Krav Maga	6:15 pm		8:00 pm			9:00 am	

**Owner/CEO:** Senior Master Landgren-Lee, 7th Degree Black Belt

**President:** Mr. Anthony Landgren-Lee, 5th Degree

**VP of Operations:**

Ms. Patricia Martinez, 3rd degree Black Belt

**Taekwondo Instructors:**

Mr. Justin Martinez, 4<sup>th</sup> Degree Black Belt

Mr. Carlos Vazquez, 3<sup>rd</sup> Degree Black Belt

**Fitness Instructors:**

Mr. Max Olivas, 1<sup>st</sup> Degree Black Belt

Mr. Vincent Howard, 1<sup>st</sup> Degree Black Belt

Ms. Anita Rodriguez

Ms. Stephanie McLean

**Manager/Program Director:**

Ms. Adriana Martinez, 5th Degree Black Belt

**Assistant Instructor**

Mr. Manuel Mendez, 1<sup>st</sup>

Mr. Daniel Vergara, 2nd Degree Black Belt

**Tiny Tigers** are children ages 3 - 6 years

old. Their belt progression is half steps white, ½ orange, orange, ½ yellow, etc. Class is 30-minutes. Parents may attend class with their children and earn rank also.

**Karate Kids** are ages 7 - 12 years old. Their progression is whole steps white, orange, yellow, etc. Parents may attend class with their children and earn rank also. Class is 45-minutes.

**Teens and Adults** are ages 13 and up. Class is 1-hour. Advanced rank students please bring all your gear to class since some classes will include sparring/ other drills.

\*Please arrive to your class 10-minutes early to provide time for your child to use the restroom prior to class. Adults also should stretch prior to starting class. High rank students may attend lower rank classes, but we will only teach material specific to the class you attend.

**Leadership** - Learn to teach Taekwondo and assist with classes. Study the life philosophies in depth and history of Taekwondo. Practice the Ssahng Nat (Kama), Gum Do (Sword), and Jahng Bong (Staff) and do X-Treme Martial Arts Earn points for competing in the Tournament Circuit toward becoming a State or World Champion.

**Fitness Classes** – Our kickboxing workout is a high intensity 60 minute workout. Cage Fitness is a 30 minute workout with bags. Warrior X-fit is a 30 minute workout with resistance bands. This is the best combination of fitness classes around. Try a class for free.

**Krav Maga/Kids Fight Club** - Learn real life situational self defense. Kids Fight Club is ages 8-15yrs, adult Krav Maga is ages 16 and up.

**Private Lessons** – If you miss class due to illness or vacation, please schedule a free one on one lesson to make up what you have missed

www.leesatamember.com Email: Martinez.adriana3333@yahoo.com YOUTUBE: ATA LAVEEN

