



Lee's ATA Martial Arts- Paradise Valley Campus

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Effective 4/3/2017

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
TIGERS <i>Ages 3-6 Beginners</i>	4:00-4:30p	3:30-4:00p	5:15-5:45p	3:30-4:00p 6:00-6:30p	Sparring 4-4:30p	9:15-9:45a
	Leadership 3:45-4:00p			Leadership 4:00-4:15		Leadership 9:45-10:00a
COLOR BELT <i>Ages 7-Up, All Ranks</i>	4:30-5:15p	4:00-4:45p	4:00-4:45p	White-camo 4:15-5:00p	4:30-5:15p	10-10:45a
COLOR BELT <i>Ages 7-Up, All Color Ranks</i>	5:45-6:15p Board /Weap	6:15-7:00p	6:30-7:15p	5:45-6:30p Green-R/B		11:15-12p
FAMILY CLASS <i>All Ages, All Ranks</i>		6:15-7:00p				11:15-12p
SONGAHM STAR <i>Red & up, Legacy</i>	5:15-5:45p			6:30-7:00p		
TEENS & ADULTS <i>Ages 13+ All Ranks</i>	7:30-8:30p	6:15-7:00p		7:30-8:30p		12:00-1p

KIDS SPARRING <i>Camo Belts & Up Only</i>		5:45-6:15p		5:00-5:45p Combat	Intro spar 4-4:30p	
ADULT SPARRING		7:30-8:30p		7:30-8:30p Combat		
BLACK BELT ONLY <i>All Ages, Black Belts</i>	Weap 6:15-6:45 6:45-7:30p		5:45-6:30p	6:30-7:30p		12:00-1p

LEADERSHIP <i>All Ranks</i>		4:45-5:15p		5:45-6:30p		10:45-11:15
XMA/TUMBLING <i>All Ages, All Ranks</i>	4:00-4:30p XMA				Tumbling Beg 6:15-6:45 Adv 6:45-7:15	
COMPETITION <i>Leadership Only</i>					5:45-6:45p	
KIDS FIGHT CLUB <i>Leadership Only 7-15 yrs old</i>	5:45-6:30p		5:15-6:15p			
HYPER PRO-TRAINING <i>Leadership Only</i>		5:15-5:45p	4:45-5:15p		5:15-5:45p	

LEGACY INSTRUCTOR <i>All Ages, All Ranks</i>	4:30- 5:15p Book Training	5:45-6:15p Book	4:45-5:15p Practical App	5:00-5:45p Business/PD	4:30-5:15p Non TKD	
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ADULT FIGHT CLUB <i>Leadership Only 16 yrs. and up</i>	7:30-8:30p		7:30-8:30p			
KRAV MAGA <i>(Ages 16 - up)</i>	6:30-7:30p		6:30-7:30p		6:45-7:30p	

FITNESS	7:30-8:30p KB	7:00-7:30p X-Fit	7:45-8:15p Cage Fitness		7:15-7:45 Warrior/Aerobics	
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