



Lee's ATA Martial Arts- Tolleson Campus

9897 W. McDowell Rd. #715 Tolleson, AZ 85353

(623) 936-9636 | Español (602) 615-5238

Effective 11/29/2016

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
ATA TIGERS <i>Ages 3-6 Turtle-Panther</i>	4:00-4:30pm	6:30-7:00pm	5:15-5:45pm		SPECIAL EVENTS & TRAINING SESSIONS	9:30-10:00am
ATA TIGERS SPARRING <i>Ages 3-6 All Ranks</i>		6:30-7:00pm				11:30-12:15pm
ATA TIGERS ELITE <i>Ages 3-6, Mbrs Only</i>			4:45-5:15pm			9:00-9:30am
KARATE KIDS- BEG <i>Ages 7-12 White-Camo</i>	4:30-5:15pm	4:15-5:00pm	5:45-6:30pm			
KARATE KIDS- INT <i>Ages 7-12 Green & Up</i>	5:15-6:00pm	5:00-5:45pm	4:00-4:45pm			
KARATE KIDS- ALL RANKS <i>Ages 7-12. All Ranks</i>				4:00-4:45pm		10:00-10:45pm
ALL TEENS & ADULTS <i>Ages 13+ All Ranks</i>	7:00-8:00pm		6:30-7:30pm	6:00-7:00pm		10:45-11:30am
LEADERSHIP & XMA <i>All Ages/Ranks, Mbrs Only</i>		5:45-6:30pm	4:45-5:15pm	4:45-5:15pm		12:15-1:00pm (adults only)
WHITE BELT ONLY <i>All Ages</i>				5:15-6:00pm		
K4K SPARRING <i>All Ranks with gear</i>		7:00-7:45pm				11:30-12:15pm
ADULT SPARRING <i>All Ranks with gear</i>						11:30-12:30pm
ATA LEGACY <i>Mbrs Only</i>				5:15-6:00pm		
MARTIAL FITNESS <i>Adults Only, or 16+</i>	6:00-7:00pm		7:30-8:30pm	7:00-8:00pm		
CAGE FITNESS <i>Adults Only, or 16+</i>		7:45-8:15pm				8:00-9:00am

CEO/ Owner: Senior Master Michelle Landgren-Lee
 President: Mr. Anthony Landgren-Lee
 Vice President Ms. Patricia Martinez

Program Director: Mr. Lochridge 3* Black Belt
 Chief Instructor: Mr. Garibaldi 4* Black Belt
 Assistant Instructors: Mr. Freedman 3* Black Belt
 Mr. Huynh 1* Black Belt

A FEW THINGS TO REMEMBER:

Parents- Did you know that you can attend class with your Tiger or Karate Kid and earn rank also?

All students are required to bring their combat stick, gloves, and ssahng jeol bong (chucks) to every class. Advanced rank students please bring all your gear to class since some classes will include sparring/ other drills.

If you have missed classes due to an extended illness or vacation, please contact your instructor to set an appointment for a free private lesson. Parent, teacher, child progress consultations are encouraged by appointment.

Online: www.leesatamember.com Email: lees.ata.estrella@gmail.com
 Find us on Facebook: "Lee's ATA Martial Arts- Tolleson"
 Review us on Google or Yelp! Follow us on Instagram: [LeesATA.az](https://www.instagram.com/LeesATA)

