

Lee's ATA Martial Arts Academy – Tempe

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Effective March 1st, 2018

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday	
Tiger	4:15 PM	4:15 PM		5:15 PM	Open for special events	9:00 AM	11:30 AM	
WHITE ONLY	4:45 PM		5:00 PM			10:00 am (white – camo)		
<u>White - Red</u>	5:15 PM	6:00 PM	5:30 PM	5:15 PM		11:00 AM (Green and up)	12:00 PM (All Ranks)	
Recommended Black Belts (30 Minutes)	6:45 PM	4:30 PM	4:30 PM					
R/B and Black Belt	6:00 PM	5:00 PM		6:00 PM		11:00 AM (All Ranks)	12:00 PM (All Ranks)	
Teen/Adult All Ranks		7:30 PM	7:15 PM	7:30 PM		12:00 PM		
Kids Sparring			5:00 PM			9:30 AM		
Adult Sparring	7:30 PM					11:15 AM		
Combat BME K4k						10:00 AM		
Combat BME Adult						10:30 AM		
Competition Class						12:00 PM		
Leadership		6:45 PM		7:00 PM				
XMA			6:30 PM					
Jr. LEGACY						8:00 AM		
LEGACY			7:15 PM					
Special Olympics			4:00 PM 7:15 PM					
Fit Test	Select Saturdays Only					8:00 AM		
Krav Maga	7:00 PM	7:00 PM				8:00 AM		
Bas Rutten Workout	6:00 PM			6:00 PM				
Kickbox Aerobics Martial Stretching/Yoga	Bas Rutten 6:00 PM	6:00 PM	5:30 PM	Bas Rutten 6:00 PM		Select Saturdays Only		9:00 AM 9:45 AM

Instructors: Master Landgren Lee 7*, Mr. Benton 5*, Mr. Landgren 5*, Mr. Small 3*, Mr. Raffle 3*
Program Director: Ms. Hill 5*

***R/B Class just focuses on forms (30 minute classes only) This class is strongly encouraged for all R/B belts to attend**

***Full safety gear is required for all traditional and sparring classes.**