

Lee's ATA Martial Arts Academy – Tempe

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Effective March 6, 2019

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Tiger	4:15 PM	4:15 PM		5:15 PM	Open for special events	9:00 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)		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 (Competition)	
Kids Sparring			5:00 PM			9:30 AM	
Adult Sparring	7:30 PM					11:15 AM	
Combat BME K4k						10:00 AM	
Combat BME Adults						10:30 AM	
Competition Class						12:00 PM	
Leadership		6:45 PM		7:00 PM			
XMA			6:30 PM				
Jr. LEGACY			7:15 PM			8:00 AM	
LEGACY			7:15 PM			8:00 AM	
Special Olympics			4:00 PM 7:15 PM				
Fit Test	Select Saturdays Only					8:00 AM	
Krav Maga	7:00 PM	7:00 PM		7:30 PM	8:00 AM		
Bas Rutten Workout	6:00 PM						
Kickbox Aerobics	Bas Rutten 6:00 PM	6:00 PM	5:30 PM		9:00 AM		

Instructors: Master Landgren Lee 7*, Mr. Benton 5*, Ms. Castela 3*, Mr. Raffle 3*, Ms. Chen 2*
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.**