



Lee's ATA Martial Arts West Phoenix Campus

3602 W. Thomas Rd. Suite#15 Phoenix AZ 85019

(602) 272-5733 website: www.leesata.com

CLASS	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUN
OPEN FLOOR	1:00-4:00p	1:00-4:00p	1:00-4:00p	1:00-4:00p	1:00-4:00p	Closed For Tournaments	Closed
ATA TIGERS	4:30-5:00	4:30-5:00	4:30-5:00	4:30-5:00	4:30-5:00		
TIGER ELITE (Leadership)	5:00-5:30 Weapons	5:00-5:30 Sparring	5:00-5:30 Weapons	5:00-5:30 Sparring			
KARATE KIDS WHI-BRN	5:15-6:00	5:15-6:00	5:15-6:00	5:15-6:00	5:30-6:15		
FIGHT CLUB	6:00-6:45			6:00-6:30	5:00-5:30		
XMA		6:00-6:30					
LEGACY INSTR.			4:30-5:00		4:30-5:30		
RED-BLK BELTS	6:30-7:30		6:30-7:30		5:30-6:15		
TEEN/ADULT SPARRING		7:00-7:30		7:00-7:30	6:15 to 7:15 (No Tigers)		
LEADERSHIP			6:00-6:30				
KARATE KID SPARRING		6:30-7:00		6:30-7:00	6:15 to 7:15 (No Tigers)		
TEEN AND ADULT	7:30-8:30	7:30-8:30	7:30-8:30	7:30-8:30			
COMBAT CROSS TRAINING	5:00-6:00	5:00-6:00	5:00-6:00	5:00-6:00			
KRAV MAGA	6:45-7:45			6:30-7:30	6:00-7:00		

ATA TIGERS- Children ages of 3-6 years old. Class is 30 Minutes long

KARATE FOR KIDS- Children ages of 7-12 years old. Class is 45 Minutes long.

TEENS AND ADULTS- Teens and Adults ages of 13 and up. Class is 60 Minutes long.

COMBAT CROSS TRAINING- Class focusing on Strength, Endurance, Mobility. Class is 60 Minutes long.

KRAV MAGA - Class focusing on realistic street self-defense. Class is 60 Minutes long.

OWNERS: Chief Master Michelle Landgren-Lee 8th Degree Black Belt, Mr. Anthony Landgren 5th Degree Black Belt

OPERATIONS: Ms. Patricia Martinez 4th Degree Black Belt

ACADEMY MANAGER: Mr. Robert Villalobos-4th Degree Black Belt

PROGRAM DIRECTOR: Ms. Jenny Medina 4th Degree Black Belt

CHIEF INSTRUCTOR: Mr. Manuel Mendez-4th Degree Black Belt

ASST INSTRUCTOR: Mr. Andrew Huynh-3rd Degree Black Belt, Mr. Villalobos 4th Degree Black Belt

FITNESS INSTRUCTORS: Mr. Villalobos, Ms. Simonette Oates, Ms. Carissa Lively