



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	Sunday
Private Lessons		4:00-4:30		4:00-4:30			
ATA TIGERS	4:00-4:30		4:00-4:30			8:00-8:30	
Tiger Sparring			4:45-5:15				
KARATE KIDS WHITE- BROWN	5:30-6:15		5:30-6:15	4:45-5:30		9:15-10:00	
FIGHT CLUB				5:45-6:30			
XMA		4:45-5:30					
LEADERSHIP	4:45-5:15					10:00-10:30	
Legacy						8:30-9:15	
All Rank SPARRING		5:45-6:30				10:30-11:15	
RED-BLK BELTS	6:30-7:15		6:30-7:15				
TEEN AND ADULT	7:30-8:30	6:45-7:30 Sparring 12+ (ONLY)	7:30-8:30	6:45-7:45 Sparring 12+ (ONLY)		11:15-12:15	
COMBAT CROSS TRAINING		5:15-6:15		5:15- 6:15			

ATA TIGERS- Children ages of 3-7 years old. Class is 30 Minutes long

KARATE FOR KIDS- Children ages of 8-12 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.

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

OPERATIONS: Ms. Patricia Martinez: 3rd Degree Black Belt

ACADEMY MANAGER: Mr. Mannie Mendez: 4th Degree Black Belt

CHIEF INSTRUCTOR: Mr. Carlos Vazquez: 4th Degree Black Belt & Jovani Mendez: 2nd Degree Black Belt

ASST INSTRUCTOR: Ms. Maria Hernandez: 1st Degree Black Belt & Mr. Max Azbell: 1st Degree Black Belt

FITNESS INSTRUCTORS: Ms. Carissa Lively



@LeesATA.Az

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