



KARATE • KRAV MAGA • WEAPONS • FITNESS

CLASS SCHEDULE

11010 LAIRD LANE • DENHAM SPRINGS, LA 70726

WWW.ATASTRONGMA.COM

665-0909



MONDAY

5:15 TO 5:30	TINY TIGERS – SPARRING / WEAPONS	TINY TIGER - MASTER CLUB & LEADERSHIP
5:30 TO 6:00	COMBINED TINY TIGERS	AGES 3 THRU 7 YEAR OLDS
6:00 TO 6:30	BEGINNERS	WHITE, ORANGE AND YELLOW BELT
6:30 TO 7:00	LEADERSHIP WEAPONS	LEADERSHIP ONLY
7:00 TO 7:30	INTERMEDIATE • ADVANCED	CAMO TO BLACK BELT RECOMMENDED
7:30 TO 8:30	SELF-DEFENSE • FITNESS	WOMEN ONLY

TUESDAY

5:30 TO 6:00	COMBINED TINY TIGERS	AGES 3 THRU 7 YEAR OLDS
6:00 TO 6:30	BEGINNERS	WHITE, ORANGE AND YELLOW BELTS
6:30 TO 7:00	WEAPONS TRAINING	WHITE BELT TO BLACK BELT WEAPONS
7:00 TO 7:30	BLACK BELT TRAINING	BLACK BELT STUDENTS ONLY
7:30 TO 8:00	INTERMEDIATE • ADVANCED	CAMO TO BLACK BELT RECOMMENDED
8:00 TO 9:00	KRAV MAGA	TEEN / ADULT ONLY

WEDNESDAY

5:15 TO 5:30	TINY TIGERS – SPARRING / WEAPONS	TINY TIGER - MASTER CLUB & LEADERSHIP
5:30 TO 6:00	COMBINED TINY TIGERS	AGES 3 THRU 7 YEAR OLDS
6:00 TO 6:30	INTERMEDIATE • ADVANCED	CAMO TO BLACK BELT RECOMMENDED
6:30 TO 7:00	LEADERSHIP WEAPONS	LEADERSHIP ONLY
7:00 TO 7:30	BEGINNERS	WHITE, ORANGE AND YELLOW BELT
7:30 TO 8:30	SELF-DEFENSE • FITNESS	WOMEN ONLY

THURSDAY

5:30 TO 6:00	COMBINED TINY TIGERS	AGES 3 THRU 7 YEAR OLDS
6:00 TO 6:30	BEGINNERS	WHITE, ORANGE AND YELLOW BELTS
6:30 TO 7:00	WEAPONS TRAINING	WHITE BELT TO BLACK BELT WEAPONS
7:00 TO 7:30	INTERMEDIATE • ADVANCED	CAMO TO BLACK BELT RECOMMENDED
7:30 TO 8:00	BLACK BELT TRAINING	BLACK BELT STUDENTS ONLY
8:00 TO 9:00	KRAV MAGA	TEEN / ADULT ONLY

FRIDAY

5:30 TO 6:00	COMBINED TINY TIGERS	KIDS 3 TO 7 YEARS OF AGE
6:00 TO 6:30	BEGINNERS	WHITE, ORANGE AND YELLOW BELTS
6:30 TO 7:00	SPARRING	WHITE THROUGH BLACK BELTS
7:00 TO 7:30	INTERMEDIATE • ADVANCED	CAMO TO BLACK BELT RECOMMENDED
7:30 TO 8:00	KRAV MAGA SPARRING	KRAV TEEN / ADULTS ONLY

THIS SCHEDULE IS SUBJECT TO CHANGE • PLEASE CHECK CLASS CALENDAR FOR CHANGES TO SCHEDULE • PRIVATE LESSONS CAN BE ARRANGED IF NEEDED. TALK TO ONE OF THE INSTRUCTORS FOR AVAILABILITY.

SCHEDULE TO TAKE EFFECT: FEBRUARY 8, 2016