

SouthlakeATA.com



817-442-8444

Monday

4:15-4:45 Tiny Tigers
4:45-5:15 Junior W-O-Y
5:15-5:55 Junior Blue-Red
5:55-6:05 Junior Leadership
6:05-6:45 Junior Camo-Purple
6:45-7:25 Junior Black
7:25-7:35 Leadership*
7:35-8:30 Teen/Adult All Rank

Tuesday

4:15-5:00 Junior Camo-Purple
5:00-5:30 Tiny Tigers
5:30-6:00 Junior W-O-Y
6:00-6:45 Junior Black
6:45-7:30 Junior Blue-Red
7:30-8:15 Teen/Adult Color
8:15-9:00 Teen/Adult Black

Wednesday

4:15-5:00 Junior Black
5:00-5:30 Tiny Tigers
5:30-6:00 Junior W-O-Y
6:00-6:40 Junior Camo-Purple
6:40-6:50 Junior Leadership
6:50-7:30 Junior Blue-Red
7:30-8:15 Teen/Adult Black
8:15-9:00 Teen/Adult Color

Thursday

4:15-4:55 Junior Blue-Red
4:55-5:05 Junior Leadership
5:05-5:45 Junior Camo-Purple
5:45-6:15 Tiny Tigers
6:15-6:45 Junior W-O-Y
6:45-7:25 Junior Black
7:25-7:35 Leadership*
7:35-8:15 Teen/Adult Color
8:15-9:00 Teen/Adult Black

Friday

Private Lessons by Appointment

Saturday

10:00-10:30 Tiny Tigers
10:30-11:00 Junior W-O-Y
11:00-11:45 Junior Camo-Red
11:45-12:30 Adult Color/All BB
12:30-1:15 Creative/Xtreme
1:30-2:30 Krav Maga

Effective June 22, 2013

ALL RANKS CAMO BELT AND ABOVE MUST BRING SPARRING GEAR TO EVERY CLASS.

MASTER CLUB AND LEADERSHIP PROGRAM MEMBERS WILL PRACTICE CORE WEAPON CURRICULUM IN THEIR REGULAR CLASS.

*LEADERSHIP CLASS FOR ALL BLACK BELTS AND TEEN/ADULT COLOR BELTS.