



ATA Martial Arts Academy Schedule TEL. 972-317-0303



Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	HOME SCHOOL KIDS PROGRAM 2:00-2:45 PM		HOME SCHOOL KIDS PROGRAM 2:00-2:45 PM		
ALL TIGERS 4:00 - 4:45 PM	LITTLE JIU JITSU 3:15 - 4:00 PM	ADULT BJJ 9:30AM - 11:30 AM	LITTLE JIU JITSU 3:15 - 4:00 PM	CAMO - BLACK COMBAT 4:30 - 5:15 PM	LEGACY 8:00 AM - 9:00 AM
KIDS BJJ ALL RANKS 4:30 - 5:30 PM	ALL TIGERS 4:00 - 4:45 PM	ALL TIGERS 4:00 - 4:45 PM	ALL TIGERS 4:00 - 4:45 PM	JUNIORS WHITE, ORANGE, YELLOW 5:15 - 6:00 PM	JUNIORS WHITE, ORANGE, YELLOW 9:00 AM - 9:45 AM
BROWN - REC. BLACK BELT 5:00 - 5:45pm PM	KIDS BJJ BEGINNERS 5:00 - 6:00 PM	KIDS BJJ ALL RANKS 4:30 - 5:30 PM	KIDS BJJ BEGINNERS 5:00 - 6:00 PM	TRICKING/DEMO TEAM 5:15 - 6:15 PM	TIGERS-JUNIORS BASIC SPARRING WHITE-BLUE 10:00 AM - 11:00 AM
JUNIORS WHITE, ORANGE, YELLOW 5:45 - 6:30 PM	TRICKING/DEMO TEAM 5:00 - 6:00 PM	JUNIORS WHITE, ORANGE, YELLOW 5:00 - 5:45 PM	LEADERSHIP ALL RANKS 6:00 - 7:00 PM	ADULT TAEKWONDO SPARRING 6:15 - 7:00 PM	LITTLE JIU JITSU 10:15 AM - 11:00 AM
CAMO-BLUE 6:30 - 7:15 PM	LEADERSHIP ALL RANKS 6:00 - 7:00 PM	BROWN - REC. BLACK BELT 5:45 - 6:30 PM	KIDS BJJ ADVANCE 6:00 - 7:00 PM		KIDS BJJ BEGINNERS 11:30 AM - 12:30 PM
BLACK BELTS 7:15 - 8:00 PM	KIDS BJJ ADVANCE 6:00 - 7:00 PM	CAMO-BLUE 6:30 - 7:15 PM	ADULT BJJ ALL RANKS 7:30 - 9:00 PM		BROWN-BLACK SPARRING 11:00 AM - 12:00 PM
ADULT TAEKWONDO 8:00 - 9:00 PM	ADULT BJJ ALL RANKS 7:30 - 9:00 PM	BLACK BELTS 7:15 - 8:00 PM			ADULT BJJ OPEN MAT 12:30 -1:30 PM
ADULT BJJ OPEN MAT 7:30 - 9:00 PM		ADULT TAEKWONDO 8:00 - 9:00 PM			BLACK BELT WEAPONS 12:00 - 12:45 PM
		ADULT BJJ ALL RANKS 7:30 - 9:00 PM		KIDS ADVANCE BJJ 1:30 - 2:30 PM	

Note: Schedule revised 9/1/2018 School Operating Hours MON-FRIDAY 3:00-9:00 PM, Saturday 9:00 AM - 2:30 PM, Sunday Closed