



Highlands Ranch Location
 205 W. County Line Rd.
 Littleton, CO 80129
 (720) 344-3030
www.atakaratedenver.com

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
TIGERS						
Tiger Cubs (3-4)	4:30-5:00	5:00-5:30		4:30-5:00		9:00-9:30am
White Belt	5:00-5:30	5:30-6:00	5:00-5:30	5:30-6:00		9:30-10:00am
Intermediate (O-R)	5:30-6:00	4:30-5:00	5:30-6:00	5:00-5:30		10:00-10:30
Advanced Tigers			6:00-6:30			10:30-11:00am
BASIC						
White Belt	6:15-6:45	5:45-6:15	4:30-5:00	6:00-6:30	5:30-6:00	9:45-10:15am
Orange/Yellow	5:45-6:15	5:15-5:45	5:00-5:30	6:30-7:00	6:00-6:30	9:15-9:45am
Camo/Green/purp	4:45-5:30	6:15-7:00	5:30-6:00 form & technique	7:15-8:00	6:45-7:30	10:15-11:00am
blue/brown/red	6:45-7:30	4:15-5:00	6:00-6:30 form & technique	5:00-5:45	6:45-7:30	11:15-12:00pm
REC Black Belt			7:15-8:00 Highlands Ranch		6:00-6:45 Lone Tree	
Black Belt	7:45-8:30		6:30-7:15	4:15-5:00	6:45-7:30	12:00-12:45pm
Adult Class All Ranks (13+)	7:15-8:00 Lone Tree		8:00-9:00 Highlands Ranch	8:00-9:00 Highlands Ranch		
LEADERSHIP						
Orange/Yellow	5:30-6:15	5:00-5:45	5:00-5:30	6:30-7:15	6:00-6:45	9:00-9:45am
Camo/Green/purp	4:45-5:45	6:15-7:00	5:30-6:00 form & technique	7:00-8:00	6:30-7:30	10:15-11:15am
Blue/brown/red	6:45-7:45	4:15-5:15	6:00-6:30 form & technique	5:00-6:00	6:30-7:30	11:00-12:00pm
REC Black Belt			7:15-8:00		6:00-6:45 Lone Tree	
Black Belt	7:30-8:30		6:30-7:15 form & technique	4:15-5:00	6:30-7:30	12:00-12:45 PM
Leadership All Ranks		7:00-7:45				
Weapons					6:00-6:45	
Staff Training		8:00-9:00				
MORNING CLASSES at our Lone Tree location						
Tigers		10:00-10:30		10:00-10:30	All weekday morning classes are at our Lone Tree location. Students from both locations are encouraged to attend.	
White Belt		9:30-10:00		9:30-10:00		
Adult Class All Ranks (13+)		10:30-11:00		10:30-11:00		

UPCOMING LEADERSHIP SEMINAR DATES INCLUDE:

Sept. 8th, Oct. 6th, Nov. 3rd and Dec. 1st. On Leadership Seminar dates there will be ALL regularly scheduled Tiger classes and for Basic and Leadership kids and adult classes we will only have our regularly scheduled White Belt (9:45-10:15) and Orange/Yellow classes. (9:00-9:45).