

DENHAM SPRINGS ATA MARTIAL ARTS



141 Aspen Square, Suite A
Denham Springs, LA 70726
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MONDAY

5:00 to 5:30	Tiny Tigers Intermediate	Camo through Red Belts
5:30 to 6:10	Intermediate	Camo through Purple Belts
6:10 to 6:50	Black Belt Only	1 st Degrees and Above
6:50 to 7:30	Beginners	White through Yellow Belts
7:30 to 8:10	Advanced	Blue through Red Belts
8:10 to 9:00	Krav Maga	Teens and Adults Only (13 years and above)

TUESDAY

5:10 to 5:50	Beginners	White through Yellow Belts
5:50 to 6:20	Tiny Tigers Beginners	White through Yellow Belts
6:20 to 6:50	Tiny Tigers Int/Adv Sparring	Camo through Black Belts
6:50 to 7:25	Junior Sparring	Camo through Black Belts
7:25 to 8:00	Adult Sparring	Camo through Black Belts
8:00 to 9:00	Krav Maga Sparring	Teens and Adults Only (13 years and above)

WEDNESDAY

5:00 to 5:30	Tiny Tigers Beginners	White, Orange and Yellow Belts
5:30 to 6:10	Advanced	Blue through Red Belts
6:10 to 6:50	Beginners	White through Yellow Belts
6:50 to 7:30	Black Belt Only	1 st Degrees and Above
7:30 to 8:10	Intermediate	Camo through Purple Belts
8:10 to 9:00	Krav Maga	Teens and Adults Only (13 years and above)

THURSDAY

5:10 to 5:50	Beginners	White, Orange and Yellow Belts
5:50 to 6:20	Tiny Tigers Beginners	White through Yellow Belts
6:20 to 6:50	Tiny Tigers Intermediate	Camo through Red Belts
6:50 to 7:30	Intermediate/Advanced	Camo through Red Belts
7:30 to 8:00	Leadership/CIT	All Leadership and Instructors
8:00 to 8:45	Black Belt Only	1 st Degrees and Above

FRIDAY

5:45 to 6:10	Tiny Tigers Beginners	White through Yellow Belts
6:10 to 6:35	Tiny Tigers Intermediate	Camo through Red Belts
6:35 to 7:15	Beginners/Intermediate	White through Purple Belts
7:15 to 8:00	Advanced/Black Belt	Blue through Black Belts

SATURDAY—Master Club and Leadership Team Only

9:30 to 10:10	Beginners/Intermediate	White through Purple Belts
10:10 to 10:50	XMA/Creative Class	All Ranks—Master Club and Leadership Only
10:50 to 11:30	Advanced/Black Belt	Blue through Black Belts

This Schedule is Subject to Change -- Please Check Class Calendar for Changes to Schedule

For the benefit of each student, you will only be allowed to attend YOUR scheduled classes

**** TINY TIGERS CLASSES ARE FOR KIDS 3 TO 6 YEARS OF AGE ****

Schedule to take effect: November 8, 2014