



Fall/Winter Schedule (Starts Jan. 1, 2010)

Subject to change. All classes before 8 pm are open to kids, parents, & other adults!

	Mon	Tues	Wed	Thurs	Fri	Sat
9:20 a.m.	-----	-----	-----	-----	-----	Tiny Tigers
10:00	-----	Curriculum	-----	-----	-----	Curriculum, sparring, protech
11:00	-----	-----	-----	-----	-----	Warrior X-Fit
4:20	Tiny Tigers	-----	Tiny Tigers	-----	-----	-----
4:45	& Parents	-----	& Parents	-----	-----	-----
5:00	C.I.T.	Zen Wellness	C.I.T.	Zen Wellness	Sparring,	-----
5:15	Curriculum		Curriculum		Curriculum, Protech	-----
5:30	& Protech		& Sparring		& C.I.T.	-----
5:45			Tiny Tigers			-----
6:00	Warrior	& Parents	ATA Xtreme & Warrior	Tiny Tigers & Parents	Demo Team	-----
6:15	X-Fit &		X-Fit &			-----
6:30	curriculum	Curriculum	curriculum	Curriculum	-----	-----
6:45	Black Belts	& Protech	Black Belts	& Sparring	-----	-----
7:00					-----	-----
7:15		C.I.T.		C.I.T.	-----	-----
7:30		Adults Protech & Curriculum		Adults Curriculum & Sparring	-----	-----
7:45	-----		-----		-----	-----
8:00	-----		-----		-----	-----

- Private lessons, conferences, Birthday Parties, & self-defense classes are available by appointment
- Students are welcome to attend any class on the schedule. All classes before 8:00 are open to families.
- **Bring safety gear and protech weapons to every class- we might use it**
- PHONE: (320) 282-6857 EMAIL: jessaswift@hotmail.com WEB: www.atastcloud.com or ataonline.com
- **Class Descriptions Curriculum:** Songahm forms, Life Skills, technique development, and basic self-defense. **Tiny Tigers:** Ages 3-6 should attend this traditional class, which includes elements of our special programs, too. **Protech** is ATA's weapons program. **Xtreme** is the ATA Xtreme program- performance training with mix of optional gymnastics and tricks **Demo Team** is our performance group (purple belt & up) **Warrior X-Fit** is fitness training to improve strength and endurance! **C.I.T.** is our elite instructor training program for all ages. **Zen Wellness** includes stretching, gentle exercise, & modified forms.