

# ATA FMA

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## AM ADULT FITNESS

MON	TUE	WED	THUR	FRI
5:30-6:30 CardioWorx		5:30-6:30 CardioWorx		5:30-6:30 CardioWorx
	9:15-10:15 CardioWorx		9:15-10:15 CardioWorx	
Kickboxing 10:30-11:30		Kickboxing 9:30-10:30		Kickboxing 9:00-10:00

## TAEKWONDO

MON	TUE	WED	THURS
4:30-5 Tigers Ages 3-6	4:30-5:15 Youth MMA	4:30-5:15 Beginners W/O/Y	4:30-5 Tigers Ages 3-6
5-5:45 Beginners W/O/Y	5:15-6:15 Advanced Bl/Br/R	5:15-5:30 Black Belt Club	5-6 Advanced Bl/Br/R
5:45-6 Black Belt Club	6:15-7:15 Intermediate C/G/P	5:15-6:16 Intermediate C/G/P	6-7 Intermediate C/G/P
5:45-6:45 Intermediate C/G/P	7:00-7:15 Black Belt Club	6:15-6:45 Tigers Ages 3-6	6:45-7 Black Belt Club
6:45-7:45 Black 1/2 Degree	7:15-8:00 Beginners W/O/Y	6:45-7:45 Black 1/2 Degree	7-7:45 Beginners W/O/Y
7:45-8:45 Advanced Bl/Br/R	8:00-9:00 Staff Training	7:45-8:45 Advanced Bl/Br/R	7:45-8:45 Black 2D

**BIRTHDAY PARTIES, PRIVATE LESSONS AVAILABLE BY APPOINTMENT**