

A T A Black Belt Academy 330-726-9628

Class Schedule

email ataboardman@sbcglobal.net

Item	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Tiny Tiger White Belt		5:15	5:00	4:45	4:15	11:00
Tiny Tiger Or-Yel Belt		6:15	4:30		4:45	10:30
Tiny Tiger Camo-Green Belt		5:45	5:00	4:15		10:00
Tiny Tiger Pur-Brown Belt		5:45	5:00	4:15		10:00
White-Yel Belt	5:00	4:30	5:30	4:15	4:15	10:00
Camo-Blue Belt	4:15		5:30	5:00	5:00 Spar	10:45
Brown-1 BR Belt	5:45		6:15	5:00	5:00 Spar	11:30
Black Belts	5:45		6:15	5:45	5:00 Spar	11:30
Family			7:00		6:00	
Adults	6:30	6:45	7:00	7:15	6:45 Spar	12:15
Jr Leadership						12:15
Instructor Mandatory for staff	7:15 1st Mon					
Demo						
Combat Weapon Sparring				8:30		1:15

www.ataboardman.com

Academy Rules Effective 08-25-2014

1. No food or drink are allowed on the workout floor
2. Place shoes neatly in cubicles. If you must change here please make sure to take everything home with you. We are not responsible for lost or stolen items.
3. Gum chewing and smoking are not permitted in the center.
4. Sparring gear is mandatory for all classes and testings for those at that level
5. Uniforms must be neat and clean. No eating in uniform. Brown Belts and above must have heavyweight uniforms.
6. Anyone entering the workout floor during class must have permission from an instructor.
7. Children not participating in class MUST be under parental supervision at all times!