



412-931-6060

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	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
ATA Tigers					
White, Orange, Yellow Belts		5:15-5:45		5:15-5:45	5:45-6:15
		5:45-6:15		5:45-6:15	
Karate for Kids					
White, Orange, Yellow Belts	4:30-5:15	6:15-7:00	4:30-5:15	6:15-7:00	White-Black Belts Weapons Class 4:45-5:15
Camo, Green, Purple, Blue Belts	4:30-5:15	6:15-7:00	4:30-5:15	6:15-7:00	
					Sparring Class 5:15-5:45
Brown, Red, Red/Black Belts	6:00-6:45	4:30-5:15	5:15-6:00	4:30-5:15	
Black Belts	6:00-6:45	4:30-5:15	5:15-6:00	4:30-5:15	
Teens and Adults		7:00-7:45	6:45-7:30	7:00-7:45	6:15-7:00
Master Club/Leadership Class	5:15-6:00		6:00-6:45		4:45-5:45
ATA Fit Kickboxing	7:00-7:45				