

SouthlakeATA.com



817-442-8444

### Monday

1:30-2:15 Adults  
4:15-4:45 Tiny Tigers  
4:45-5:15 Junior W-O-Y  
5:15-6:00 Junior Camo-Purple  
6:00-6:30 Junior Blue-Red  
6:30-7:00 Junior Leadership  
7:00-7:45 Junior Black  
7:45-8:30 Teens/Adults  
8:30-9:00 Adult Color Weapons

### Tuesday

4:15-4:45 Tiny Tigers  
4:45-5:15 Junior Camo-Purple  
5:15-5:45 Tiny Tigers  
5:45-6:15 Junior W-O-Y  
6:15-7:00 Junior Blue-Red  
7:00-7:30 Junior Black  
7:30-8:15 Teens  
8:15-9:00 Adults

### Wednesday

4:15-4:45 Junior W-O-Y  
4:45-5:15 Tiny Tigers  
5:15-5:45 Junior W-O-Y  
5:45-6:15 Color Belt Weapons  
6:15-6:45 Junior Camo-Purple  
6:45-7:30 Junior Blue-Red  
7:30-8:15 Teens  
8:15-9:00 Adults

### Thursday

4:15-4:45 Tiny Tigers  
4:45-5:15 Junior Camo-Purple  
5:15-5:45 Tiny Tigers  
5:45-6:15 Junior W-O-Y  
6:15-7:00 Junior Black  
7:00-7:30 Competition Team  
7:30-8:15 Adult Black Weapons  
8:15-9:00 Teens/Adults  
9:00-9:20 Teen/Adult Leadership

### Friday

3:00-5:00 Private Lessons by Appt  
5:00-5:45 XMA Level 2  
5:45-6:15 Junior Leadership  
6:15-6:45 XMA Level 1  
6:45-7:15 Weapon Sparring  
7:15-8:30 Private Lessons by Appt

### Saturday

9:30-10:00 Warrior X-Fit  
10:00-10:30 Tiny Tigers  
10:30-11:00 Junior W-O-Y  
11:00-11:30 Color Belt Weapons  
11:30-12:00 Junior Camo-Purple  
12:00-12:30 Junior Blue-Black  
12:30-1:15 Teens/Adults

Effective 1-2-2012

WHITE, ORANGE, YELLOW BELTS MAY ATTEND ONE REGULAR CLASS PER DAY  
ALL RANKS CAMO BELT AND ABOVE MUST BRING SPARRING GEAR TO EVERY CLASS