



						Morning Classes	
9:00 AM	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	
	ADULT 9:00-9:45 AM		ADULT 9:00-9:45 AM			SPECIAL CLASSES See Sign-Up Sheets	
10:00							
						Evening Classes	
4:00 PM	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	
:05	TINY TIGERS		TINY TIGERS		Call: (720) 898-0708		
:10	4:00-4:30		4:00-4:30		Email: <a href="mailto:info@atamartialarts.com">info@atamartialarts.com</a>		
:15					Visit: <a href="http://www.atamartialarts.com">www.atamartialarts.com</a>		
:20	White Belts		White Belts		Make-Ups		
:25					Contact Mr. Rogers or Ms. Carroll		
:30					to see which class would be best.		
:35					Instructors		
:40	TINY TIGERS	TINY TIGERS	TINY TIGERS	TINY TIGERS	Kevin Rogers - 5th Degree Black Belt		
:45	4:35-5:05	4:35-5:05	4:35-5:05	4:35-5:05	Nikole Carroll - 3rd Degree Black Belt		
:50	Orange & Yellow	Camo & Green	Orange & Yellow	Camo & Green			
:55		Purple & Blue		Purple & Blue			
5:00 PM							
:05	KARATE KIDS	KARATE KIDS	KARATE KIDS	KARATE KIDS	KARATE KIDS	Programs & Ages	
:10	5:15-6:00	5:15-6:00	5:15-6:00	5:15-6:00	5:15-6:00	Tiny Tigers (Ages 4-6)	
:15						Karate Kids (Ages 7-12)	
:20	Brown, Red, & Black Rec.	Camo & Green	White Belts	Brown, Red, & Black Rec.	White Belts	Teen (Ages 13-19)	
:25	-----	Purple & Blue	Orange & Yellow	Black Rec. & Black Belt	Orange & Yellow	Adult (Ages 18+)	
:30	Camo & Green						
:35							
:40							
:45							
:50							
:55							
6:00 PM							
:05	KARATE KIDS	KARATE KIDS	KARATE KIDS	KARATE KIDS	KARATE KIDS	 Member of the American Taekwondo Association	
:10	6:05-6:50	6:05-6:50	6:05-6:50	6:05-6:50	6:05-6:50		
:15							
:20	White Belts	Black Belts	Camo & Green	Brown, Red, Black Rec. & Black Belt	BBC Members & Black Belts		
:25	-----		Purple & Blue				
:30	Orange & Yellow	Black Belt		Sparring & Drills	Black Belt		
:35					C L U B		
:40							
:45							
:50							
:55							
7:00 PM	FAMILY	TEEN	KARATE KIDS	Kids & ADULTS	KARATE KIDS		
:05	6:55-7:40	6:55-7:40	6:55-7:40	6:55-7:40	6:55-7:40		
:10							
:15	All-Ranks Ages 7 & Above	All-Ranks Ages 13-19	Camo & Green	★ Leadership ★ TRAINING	Purple & Blue		
:20			-----		-----		
:25			Purple & Blue		Brown, Red, & Black Rec.		
:30			Sparring & Drills				
:35							
:40							
:45							
:50							
:55							
8:00 PM	TEEN & ADULT	TEEN & ADULT	TEEN & ADULT	TEEN & ADULT	TEEN & ADULT		
:05	7:45-8:30	7:45-8:30	7:45-8:45	7:45-8:45 (Hi-Rank Emphasis)			
:10					No class at this time		
:15	All Ranks (Lo-Rank Emphasis)	All Ranks (Hi-Rank Emphasis)	All Ranks				
:20							
:25					Camo & Above		
:30							
:35							
:40					Sparring & Drills		
:45							