

**SANDERS ATA MARTIAL ARTS SCHEDULE 1751 Madison Avenue Suite 204**

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**\*\* Effective January 3<sup>rd</sup>, 2017 \*\***

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<b>ATA Tiger W-O-Y Basic Program</b>	6:00-6:30pm	4:30-5:00pm or 6:00-6:30pm	6:00-6:30pm	4:30-5:00pm		10:30-11:00am
<b>ATA Tiger W-O-Y BBT Program</b>	6:00-6:45pm	4:30-5:15pm or 6:00-6:45pm	6:00-6:45pm	4:30-5:15pm		10:30-11:15am
<b>K4K &amp; Adult W-O-Y Basic Program</b>	5:15-5:45pm	6:00-6:30pm	6:00-6:30pm	5:15-5:45pm	4:30-5:00pm	9:45-10:15am
<b>K4K &amp; Adult W-O-Y BBT Program</b>	5:15-6:00pm	6:00-6:45pm	6:00-6:45pm	5:15-6:00pm	4:30-5:15pm	9:45-10:30am
<b>All Camo-Green Purple-Blue-Brown Red-Red/Black Belts BBT/LP Program</b>	4:30-5:15pm or 6:45-7:30pm	5:15-6:00pm	5:15-6:00pm or 6:45-7:30pm	6:00-6:45pm	5:15-6:00pm	12:00-12:45pm
<b>All 1°-2°-3° Blk Belts BBT/LP Program</b>	3:45-4:30pm 1° & 2° Only or 7:30-8:15pm	6:45-7:30pm	4:30-5:15pm or 7:30-8:15pm	7:30-8:15pm	6:00-6:45pm 1° Only	11:15-12:00pm
<b>Adult W-O-Y Basic Program</b>		8:15-8:45pm	8:15-8:45pm	8:15-8:45pm		
<b>Adult White-Blk Belts BBT Program</b>		8:15-9:00pm	8:15-9:00pm	8:15-9:00pm		
<b>Adult White-Blk Belts Lunch Hour</b>		11:30am-12:30pm		11:30am-12:30pm		
<b>Leadership Program</b>		7:30-8:00pm		6:45-7:15pm		
<b>Legacy Program</b>	8:15-9:00pm	7:30-8:15pm		6:45-7:30pm		
<b>Warrior X Fit Kickboxing</b>	9:00-9:45am	7:30-8:15pm	9:00-9:45am	7:30-8:15pm	6:00-6:45pm	8:00-8:45am
<b>Krav Maga</b>	11:30am-12:15pm			8:30-9:15pm	7:00-7:45pm	

**EVERY DAY MEMBERS AND PARENTS SHOULD:**

Bow and say “Hello, Sir, Hello, Ma’am” and “Goodbye, Sir, Goodbye, Ma’am” as entering or leaving the school.

Bow and say the lesson of the month as they enter or leave the training floor.

While the previous class is in session, students should get their cards and sit at the back on the mat quietly, in order of height.

Spectators must not talk loudly or take students’ attention away from the class. Only positive reinforcement allowed.

Parents are encouraged to enter class in uniform and practice with their children.

Uniforms must be kept clean, safe, and properly fitting; no missing patches, stains, or tears.

Patches: ATA Patch - Right chest, Black Belt Club - Left sleeve.

Complete uniform must be worn Monday - Wednesday; ATA approved warm-ups may be worn Thursday - Saturday.