

SANDERS ATA MARTIAL ARTS SCHEDULE 2703 E. Kanessville Blvd

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**** Effective February 2020 ****

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