



## Traditional ATA Martial Arts Class Schedule

**Schedule Begins Jan 1st**

8511 W Overland Rd, Boise, ID 83709

208.376.1718

	Front Mat	Back Mat
<b>Monday</b>	10:00AM-11:00AM Adult All Rank  4:40-5:30 Camo-Blue 6:00-6:50 Jiu Jitsu   Kids 7:00-7:55 Jiu Jitsu   Intermediate 8:00-8:55 Dutch Style Kickboxing	5:40-6:30 Jr. Black Belts 6:30-7:20 Jr. Brown-Red 7:25-8:25 Adult And Teen All Rank
<b>Tuesday</b>	4:40-5:20 Tigers All Rank 6:00-6:55 Jiu Jitsu   Fundamentals 7:00-7:55 Jiu Jitsu   Intermediate 8:00-8:55 Dutch Style Kickboxing	5:20-6:10 Jr. White-Yellow 6:20-7:10 Jr. Camo-Blue 7:10-8:10 Adult And Teen All Rank
<b>Wednesday</b>	10:00-11:00AM Adult All Rank  4:40 - 5:20 Tigers All Rank 6:00-6:50 Jiu Jitsu   Kids 7:00-7:55 Jiu Jitsu   Intermediate 8:00-8:55 Dutch Style Kickboxing	5:20-6:10 Jr. Brown-Red 6:20-7:10 Jr. White-Yellow 7:10-8:00 Jr. Camo-Blue
<b>Thursday</b>	4:40-5:30 Jr. Black Belt 6:00-6:55 Jiu Jitsu   Fundamentals 7:00-7:55 Jiu Jitsu   Intermediate 8:00-8:55 Dutch Style Kickboxing	5:30-6:20 Jr. White-Yellow 6:30-7:20 Jr. Brown-Red 7:30-8:30 Adult And Teen All Rank
<b>Friday</b>	4:40-5:20 Tigers All Rank 6:00-6:50 Jiu Jitsu   Kids Comp Team	5:20-6:10 Jr. Black Belt 6:10-7:00 Jr. Leadership 7:00-8:00 Adult Leadership
<b>Saturday</b>		
<b>Private Lessons</b>	Mr. Rady, Mr. Ivey, Mrs. Lesperance- please schedule in the Pro Shop.	

### ATTENTION!

- **You MUST attend at least 16 classes to test.**
- Bring all Sparring Gear and weapons to every class! **FACEMASK, MOUTHPIECE, & PROTECTIVE CUP.**
- The last Scheduled class for your rank in the week is casual.
- **ONLY WHITE Undershirts are permitted underneath a uniform.**
- **Only WHITE or ATA Approved** T-Shirts may be worn for a casual uniform.

Thank you for your cooperation and support!

