



Traditional ATA Martial Arts Class Schedule

Schedule Begins Jan 1st

834 W. Overland Rd., Boise, ID 83709

soft.gymn.asu

	Front Mat	Back Mat
Monday	10:00AM - 11:00AM Adult All Rank 4:40-5:30 Camo-Blue 6:00-6:50 Ju Jitsu Kids 7:00-7:55 Ju Jitsu Intermediate 8:00-8:55 Dutch Style Karateboxing	5:40-6:30 Jn. Black Belts 6:30-7:20 Jn. Brown-Belt 7:25-8:20 Adult And Teen All Rank
Tuesday	4:40-5:30 Tigers All Rank 6:00-6:55 Ju Jitsu Fundamentals 7:00-7:55 Ju Jitsu Intermediate 8:00-8:55 Dutch Style Karateboxing	5:30-6:10 Jn. White-Yellow 6:20-7:10 Jn. Camo-Blue 7:10-8:10 Adult And Teen All Rank
Wednesday	10:00-11:00AM Adult All Rank 4:40 - 5:30 Tigers All Rank 6:00-6:50 Ju Jitsu Kids 7:00-7:55 Ju Jitsu Intermediate 8:00-8:55 Dutch Style Karateboxing	5:30-6:10 Jn. Brown-Belt 6:20-7:10 Jn. White-Yellow 7:10-8:00 Jn. Camo-Blue
Thursday	4:40-5:30 Jn. Black Belt 6:00-6:55 Ju Jitsu Fundamentals 7:00-7:55 Ju Jitsu Intermediate 8:00-8:55 Dutch Style Karateboxing	5:30-6:20 Jn. White-Yellow 6:20-7:20 Jn. Brown-Belt 7:30-8:30 Adult And Teen All Rank
Friday	4:40-5:30 Tigers All Rank 6:00-6:50 Ju Jitsu Kids Camp Team	5:30-6:10 Jn. Black Belt 6:10-7:10 Jn. Leadership 7:00-8:00 Adult Leadership
Saturday		
Private Lessons	Mr. Rob, Mr. Jay, Mr. Carpenter - please schedule in the Pro Shop.	

ATTENTION

- **You MUST attend at least 10 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 Undershorts** are permitted underneath a uniform.
- **Only WHITE ATA Approved T-Shirts** may be worn for a casual uniform.

Thank you for your cooperation and support!