

**2025 NO LIMITS MARTIAL ARTS SCHEDULE- effective 3/3/2025**

**Monday:**

- 4:15-4:45 - Beginners** (*White-Camo Rec. Ages 7-11*)
- 4:45-5:05- Leadership** (*Open to ALL Leadership Students*)
- 5:10pm - 5:35pm— Tigers** (*Ages 3-6*)
- 5:45-6:30-Black Belt Prep/Black Belts Kids** (*Red- Black Belt 7-11*)
- 6:35-7:15— Adult Black Belt Prep/ Black Belts** (*12 & UP Only*)
- 7:20pm-8:00pm— Legacy** (*Instructor Training*)
- 8:00-8:40 - Kickboxing** (*Ages 14 & Up*)

**Tuesday:**

- 4:40-5:05- Tigers** (*Ages 3-6*)
- 5:10-5:50- Beginners** (*White-Camo Rec. Ages 7-11*)
- 6:00-6:25-Leadership** (*Open to ALL Leadership Students*)
- 6:30-7:15-Advanced** (*Camo D- Brown Dec. Ages 7-11*)
- 7:20-8:05-Teens & Adults** (*12 & UP Color Belt & Black Belts*)
- 8:05 -8:45- ADULT SPARRING** (*12 & Up All Ranks*)

**Wednesday :**

- 4:15-4:45 - Beginners** (*White-Camo Rec. Ages 7-11*)
- 4:45-5:05- Leadership** (*XMA Tricks-Open to ALL Leadership students*)
- 5:10pm - 5:35pm— Tigers** (*Ages 3-6*)
- 5:40pm-6:10pm-Family** (*Open to ALL color belt Ranks accept tigers*)
- 6:15-6:40pm-Leadership** (XMA Tricks)
- 6:45pm - 7:25pm— Belt Black Prep/Black Belts Kids** (*Red- Black Belt 7-11*)
- 7:30pm - 8:10pm - Adult Black Belt Prep/ Black Belts** (*12 & UP Only*)
- 8:10pm - 8:50pm— Legacy** (*Instructor Training*)

**Thursday:**

- 4:20-5:00- Black Belt / Black Belt Prep** (*All Ages*)
- 5:10-5:50- Beginners** (*White-Camo Rec. Ages 7-11*)
- 6:00-6:25-Leadership** (*Open to ALL Leadership Students*)
- 6:30-7:10-Advanced** (*Camo D- Brown Dec. Ages 7-11*)
- 7:20-8:00pm-Teens & Adults** (*All Adult Color Belts Only*)

**Saturday:**

- 9:15am - 9:40am— ATA Tigers** (*3-6 years of age*)
- 9:45am-10:25am - Kickboxing** (*Ages 14 & Up*)
- 10:30am-11:10am - Family Class** (*Open to ALL color belt Ranks accept tigers*)
- 11:15am-12:00pm- Sparring** (*open top ALL students CAMO and up 11 & under*)
- 12:05-12:45 Competition Training** (*Leadership students only/Black Belts Open matt training*)