



Begins August 30th, 2010

Meridian ATA Martial Arts

1535 W. Franklin Rd. Meridian, ID 83646

208.888-1855 • www.meridianata.com

	Mat 1	Mat 2
Monday Evening	4:40-5:30 Jrs. Camo-Blue 5:30-6:10 Tigers 6:10-7:00 Jrs. White-Yellow 7:00-7:50 Jrs. Brown-Rec Black	5:00-6:00 Adults All Rank 6:00-7:00 Kickboxing 7:00-8:00 Krav Maga
Tuesday Morning	10:30am-11:10am Tigers 11:10am-12:10am Adults	9:30am-10:30am Krav Maga 10:30am-11:30am Kickboxing
Tuesday	4:20-5:00 Tigers 5:00-5:50 Jrs. White-Yellow 6:00-7:00 Adult Leadership 7:00-8:00 3 rd Degrees	5:00-5:50 Jrs. Black Belts
Wednesday	5:00-5:50 Jrs. Camo-Blue 5:50-6:30 Tigers 6:30-7:20 Jrs. Brown-Red 7:20-8:20 Adults All Rank	6:00-7:00 Kickboxing 7:00-8:00 Krav Maga
Thursday Morning	10:30am-11:10am Tigers 11:10am-12:10am Adults	9:30am-10:30am Krav Maga 10:30am-11:30am Kickboxing
Thursday	4:20-5:00 Tigers 5:00-5:50 Jrs. Brown-Rec Black 5:50-6:40 Jrs. Leadership 6:40-7:30 Jrs. Black Belts	
Friday	5:00-5:50 Jrs. White-Yellow 5:50-6:30 Tigers 6:30-7:20 Jrs. Camo-Blue	5:00-5:50 Jr. Black Belts 6:00-7:00 Kickboxing
Saturday	10:00-10:30 Tigers 10:30-11:20 Jrs. All Ranks 11:20-12:20 Adults All Rank	8:30am-9:30am Krav Maga 9:30am-10:30am Kickboxing

- This schedule is subject to change.
- We are closed various days for testing, tournaments, and special events. Notices will be posted.
- Bring All Sparring Gear and weapons to every class! THIS MEANS **FACE MASK, MOUTHPIECE & PROTECTIVE CUP!**
- Black Belt Club Camo and above must have GEAR on before each class starts.
- You must attend at least 16 classes to test!

Thank you for your cooperation and support!