

Lone Tree ATA Family Martial Arts Center  
 9068 Forsstrom Dr. #C10  
 Lone Tree, CO 80124

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# Spring Schedule

Starts Monday, April 30<sup>th</sup> / Updated

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
		Adults 10:00 – 10:45AM			
Tiny Tigers (A) 4:00 – 4:40PM	1 <sup>st</sup> Degree Black 4:00 – 4:30PM	Private Lessons	<b>Red</b> 4:15 – 4:45PM (Technical Forms & Weapons)		Tiny Tigers (C) 9:15 – 9:55AM
<b>White / Orange / Yellow</b> 4:45 – 5:15PM	2 <sup>nd</sup> & 3 <sup>rd</sup> Deg. Black 4:30 – 5:00PM	<b>Orange / Yellow</b> 4:30 – 5:00PM	<b>Camo / Green</b> (Technical Forms & Weapons) 4:45 – 5:15PM	<b>Purple / Brown</b> 4:45 – 5:15PM (Technical Forms & Weapons)	<b>Red</b> 10:00 – 10:45AM
2 <sup>nd</sup> & 3 <sup>rd</sup> Deg. Black 5:15 – 5:45PM	<b>Camo / Green / Blue</b> 5:00 – 5:45PM	<b>Blue / Brown</b> 5:00 – 5:45PM (Combo BBC Workout)	2 <sup>nd</sup> & 3 <sup>rd</sup> Deg. Black 5:15 – 5:45PM	<b>White</b> 5:15 – 5:45PM	Demo Team 10:45 – 11:45AM
<b>Red</b> / 1 <sup>st</sup> Deg. Black 5:45 – 6:15PM (Technical Forms & Weapons)	Tiny Tigers (B) 5:50 – 6:30PM	<b>Camo / Green / Purple</b> 5:30 – 6:15PM (Combo BBC Workout)	LEADERSHIP / S.W.A.T. 5:45 – 6:15PM *Alternate Teen & Adults 1st & 3 <sup>rd</sup> Thurs. JR Leaders 2 <sup>nd</sup> & 4 <sup>th</sup> Thurs. 5 <sup>th</sup> Thurs. Combined Leadership	<b>Orange / Yellow</b> 5:45 – 6:15PM	
<b>SPARRING</b> Kids Age 6 – 10 6:15 – 6:45PM	<b>White Orange / Yellow</b> 6:30 – 7:00PM	<b>White</b> 6:15 – 6:45PM	1 <sup>st</sup> Deg. Black 6:15 – 6:45PM	FAMILY CLASS (Parents & Children) 6:15 – 6:45PM	
<b>Camo / Green / Blue</b> 6:45 – 7:15PM (Technical Forms & Weapons)	<b>Purple / Brown</b> 7:00 – 7:45PM	<b>Red</b> 6:45 – 7:30PM	<b>Purple / Brown</b> 6:45 – 7:15PM (Technical Forms & Weapons)		
<b>SPARRING</b> Age 11 through Adult 7:15 – 8:00PM		Black Belt's All Levels "Open Floor" 7:30 – 8:00PM	<b>Blue &amp; Adults</b> 7:15 – 7:45PM (Technical Forms & Weapons)		

Mondays & Fridays are T-Shirt nights...

~T-shirts must be ATA OR Taekwondo Shirts w/ white uniform pants & rank belt ~