



*all students can train at either or both locations

SCHEDULES FOR FALL 2019

BEGINS SEPTEMBER 3RD

MEADOWLARK

New Members Free Trial – students for both locations trial at Meadowlark

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
By appointment only – Call 780-481-9888 or email inquiries@atacanada.ca					1:30 Ages 4-6 2:30 Ages 7-12

AGES 4 TO 6 – (Tigers)

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
5:30	4:30	5:30	4:30		9:30

K4K AGES 7 TO 12 – All Ranks (TKD)

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
6:00	5:00	6:00	5:00		10:00

TEEN TITANS (grades 8-12) (TKD/Krav) – All Ranks

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	6:00		6:00		

LEADERSHIP/LEGACY PROGRAM – All Ages & Ranks

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
					11:00

BLACK BELTS – All Ages

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
					12:00

ADULTS K3 (Krav, Kickboxing, Karate) – Ages 18+

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
7:00		7:00			

ADULTS BRAZILIAN JIUJITSU – Ages 18+

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	7:00		7:00		

YOGA

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	9:00 am w/Carrie Ann			9:30 am w/Lady Master	

RIVERBEND

AGES 4 TO 6 – (TKD)

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
4:30	4:30	4:30	4:30		

KIDS 7 TO 12 – White-Purple Belts (TKD)

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
5:00	5:00	5:00	5:00		

KIDS 7 TO 12 – Blue+ (TKD)

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
6:00	6:00	6:00	6:00		