



SCHEDULES FOR FALL 2020

BEGINS SEPTEMBER 8th

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 info@atacanada.ca					11:30 Ages 4-6 12:30 Ages 7-12

AGES 4 TO 6 – (Tigers)

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
5:15*		5:15*			9:30*

KIDS 7 TO 12 – All Ranks (TKD)

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

TEENS (grades 7-12) (TKD/Krav) – All Ranks

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	6:30*		6:30*		

LEGACY PROGRAM – All Ages & Ranks

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			6:00*		

BLACK BELTS – All Ages

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	6:00*				

ADULTS Krav/TKD – Ages 18+

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

ADULTS BRAZILIAN JIUJITSU – Ages 18+

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	7:30		7:30		

MORNING WORKOUTS

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	Warrior XFit* 9:30 am		Yoga 9:30 am		

ZOOM (Meeting ID 993 102 9682) All above classes with * are also available on Zoom

AGES 4 TO 6 – (TKD)

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	11:00		11:00		

KIDS 7 TO 12 – All Ranks (TKD)

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	11:45		11:45		