



SCHEDULE FOR WINTER 2020

BEGINS NOVEMBER 30TH

MEADOWLARK

ZOOM ID: 993 102 9682

New Members Free Trial

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
By appointment only – Call 780-481-9888 or email info@atacanada.ca					12:30 Ages 4-6 1:30 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+ (not available on Zoom)

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		

FORM ONLY – White-Yellow Belts

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
				5:00	

FORM ONLY – Camo-Purple Belts

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
				5:20	

FORM ONLY – Blue-Recommended Black Belts

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
				5:40	