



SCHEDULE FOR FALL 2021

BEGINS AUGUST 28TH

MEADOWLARK

New Members Free Trial

<u>Monday</u>	<u>Tuesday</u>	<u>Wednesday</u>	<u>Thursday</u>	<u>Friday</u>	<u>Saturday</u>
By appointment only – Call 780-481-9888 or email info@atacanada.ca					12:00 Ages 4-6 1:00 Ages 7-12

AGES 4 TO 6 – (Tigers)

<u>Monday</u>	<u>Tuesday</u>	<u>Wednesday</u>	<u>Thursday</u>	<u>Friday</u>	<u>Saturday</u>
5:15	4:30	5:15	4:30		9:30

KIDS 7 TO 12 – All Ranks (TKD)

<u>Monday</u>	<u>Tuesday</u>	<u>Wednesday</u>	<u>Thursday</u>	<u>Friday</u>	<u>Saturday</u>
6:00	5:00	6:00	5:00		10:00

TEENS/ADULTS – All Ranks (TKD)

<u>Monday</u>	<u>Tuesday</u>	<u>Wednesday</u>	<u>Thursday</u>	<u>Friday</u>	<u>Saturday</u>
	6:30		6:30		11:00 (open mat)

LEGACY PROGRAM – All Ages & Ranks

<u>Monday</u>	<u>Tuesday</u>	<u>Wednesday</u>	<u>Thursday</u>	<u>Friday</u>	<u>Saturday</u>
	6:00		6:00		

BLACK BELTS – All Ages

<u>Monday</u>	<u>Tuesday</u>	<u>Wednesday</u>	<u>Thursday</u>	<u>Friday</u>	<u>Saturday</u>
	6:00		6:00		

ADULTS Krav Maga – Ages 18+

<u>Monday</u>	<u>Tuesday</u>	<u>Wednesday</u>	<u>Thursday</u>	<u>Friday</u>	<u>Saturday</u>
7:00*		7:00*			11:00 (open mat)

ADULTS BRAZILIAN JIUJITSU – Ages 18+

<u>Monday</u>	<u>Tuesday</u>	<u>Wednesday</u>	<u>Thursday</u>	<u>Friday</u>	<u>Saturday</u>
8:00	7:30	8:00	7:30		11:00 (open mat)

MORNING WORKOUTS

<u>Monday</u>	<u>Tuesday</u>	<u>Wednesday</u>	<u>Thursday</u>	<u>Friday</u>	<u>Saturday</u>
	Warrior XFit 9:30 am*		Yoga 9:30 am*		

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

All Ages & Ranks (TKD)

<u>Monday</u>	<u>Tuesday</u>	<u>Wednesday</u>	<u>Thursday</u>	<u>Friday</u>	<u>Saturday</u>
	5:30		5:30		

No classes will be held on official holidays, or on the Saturday of a long weekend.