



SCHEDULE FOR WINTER 2022

BEGINS JANUARY 31ST

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
5:30	4:30	5:30	4:30		9:30*

KIDS 7 TO 12 – All Ranks (TKD)

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
4:30 (camo+)	5:00	4:30 (camo+)	5:00		10:00
6:00 (all ranks)		6:00 (all ranks)			

TEENS (gr 8-12) & ADULTS TKD – All Ranks

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
8:00 (BBC)	6:30*	8:00 (BBC)	6:30*		11:00 (open mat)

LEGACY PROGRAM & BLACK BELTS– All Ages & Ranks

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

ADULTS KRAV MAGA – Ages 18+

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
7:00		7:00			11:00 (open mat)
8:00 (open mat)		8:00 (open mat)			

ADULTS BRAZILIAN JIUJITSU – Ages 18+

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

MORNING WORKOUTS

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

ZOOM (Meeting ID 993 102 9682)

All above classes with * are also available on Zoom

AGES 4 TO 6 – (Tigers)

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	4:45		4:45		

WHITE-YELLOW BELTS

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

CAMO-PURPLE BELTS

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

BLACK BELT CLUB

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

BLUE BELTS+

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