SCHEDULE FOR FALL 2022

BEGINS AUGUST 29TH

New Members Free Trial

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
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)

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 6:00	5:00	4:30 6:00	5:00		10:00

TEENS & ADULTS (TKD/Krav) – All Ranks

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

LEADERSHIP PROGRAM & BLACK BELTS

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	6:00 (Jrs)		6:00 (Teens/Adults)		

ADULTS FIT DEFENCE (formerly Krav) – Ages 18+

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
7:00 8:00 (open mat)		7:00 8:00 (open mat)			11:00 (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 9:30 am		Yoga 9:30 am		

#200 8721 – 156 Street
Edmonton, AB T5R 1Y5

(780) 481 9888
(825) 436-9635 (cell)

www.atacanada.com
info@atacanada.ca