



# SCHEDULE FOR WINTER 2023

BEGINS FEBRUARY 1<sup>ST</sup>

## New Members Free Trial

Monday Tuesday Wednesday Thursday Friday Saturday  
By appointment only – Call 780-481-9888 or email [info@atacanada.ca](mailto:info@atacanada.ca)

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

## 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

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

## RECOMMENDED BLACK BELTS

Monday Tuesday Wednesday Thursday Friday Saturday  
11:00

## BLACK BELTS – Peer Training

Monday Tuesday Wednesday Thursday Friday Saturday  
11:00

## ADULTS FIT DEFENCE – 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 9:30 am Yoga 9:30 am