



Poway ATA Martial Arts and Leadership Academy

13454 Poway Road • Poway • CA 92064 • 858 748 6305 • www.PowayATA.com

“Creating Tomorrow’s Leaders, One Black Belt at a Time!”

Effective: March 5, 2012!

Have your next Black Belt Birthday Party at ATA!!!

MONDAY	TUESDAY	WED'SDAY	THURSDAY	FRIDAY	SAT'RDAY
Tai Chi 9:00 - 10:00	Teen & Adult All Ranks 8:30 - 9:30	Tai Chi 9:00 - 10:00	Teen & Adult All Ranks 8:30 - 9:30	Staff/Instructor 9:00 - 11:30	Tiny Tigers All Ranks 8:30 - 9:00
Tiny Tigers All Ranks 3:00 - 3:30	Tiny Tigers Camo to Red 3:00 - 3:30	Tiny Tigers All Ranks 3:00 - 3:30	Tiny Tigers Camo to Red 3:00 - 3:30	Tiny Tigers All Ranks 3:00 - 3:30	Tiny Tigers Black belt Club 9:00 - 9:30
Tiny Tigers Black belt Club 3:30 - 4:00	Tiny Tigers Black belt Club 3:30 - 4:00	Tiny Tigers Leadership XMA 3:30 - 4:00	Tiny Tigers Leadership XMA 3:30 - 4:00	Tiny Tiger BBC/XMA 3:30 - 4:00	Tiny Tiger Leadership 9:30 - 10:00
Karate for Kids Leadership XMA 4:00 - 4:40	Tiny Tigers White to Yellow 4:00 - 4:30	Karate for Kids Leadership XMA 4:00 - 4:40	Tiny Tigers White to Yellow 4:00 - 4:30	Karate for Kids Black Belt Club White to Green 4:00 - 4:40	Karate for Kids All Ranks 10:00 - 10:40
Karate for Kids Green to Red 4:40 - 5:20	Karate for Kids White to Yellow 4:30 - 5:10	Karate for Kids Green to Red 4:40 - 5:20	Karate for Kids White to Yellow 4:30 - 5:10	Karate for Kids Black belt Club Purple to Black 4:40 - 5:20	Karate for Kids Black belt Club All Ranks 10:40 - 11:20
Tiny Tigers All Ranks 5:20 - 5:50	Karate for Kids Camo to Red 5:10 - 5:50	Tiny Tigers All Ranks 5:20 - 5:50	Karate for Kids Camo to Red 5:10 - 5:50	Karate for Kids Leadership XMA 5:20 - 6:20	Karate for Kids Leadership XMA 11:20 - 12:00
Karate for Kids White to Yellow 5:50 - 6:30	Competition Team XMA 5:50 - 6:30	Karate for Kids White to Yellow 5:50 - 6:30	Competition Team XMA 5:50 - 6:30	Demo-Team 6:20 - 7:20	Teen & Adult All Ranks 12:00 - 12:50
Teen & Adult White to Red 6:30 - 7:20	Black Belts 6:30 - 7:20	Teen & Adult White to Red 6:30 - 7:20	Black Belts 6:30 - 7:20	PRIVATE LESSON	Birthday Party 3:00 - 4:30
Black Belts 7:20 - 8:10	Teen & Adult White to Red 7:20 - 8:10	Black Belts 7:20 - 8:10	Teen & Adult White to Red 7:20 - 8:10	PRIVATE LESSON	PRIVATE LESSON
Combative Training 8:00 - 8:40	PRIVATE LESSON	Combative Training 8:00 - 8:40	PRIVATE LESSON		PRIVATE LESSON
PRIVATE LESSON	PRIVATE LESSON	PRIVATE LESSON	PRIVATE LESSON	PRIVATE LESSON	PRIVATE LESSON

Tiny Tigers: Ages 3 – 6 (30 min.)
 Karate for Kids: Ages 7 – 12 (40 min.)
 Teen & Adults: Ages 13+ (50 min.)
 Private Lesson: Please call to Schedule

Parents: **PLEASE ARRIVE NO EARLIER THAN 10 MIN. BEFORE CLASS**
 Pick up your child immediately after class
MONDAY & THURSDAY is T-Shirt Day (school t-shirt only)
 Student must wear ATA – approved uniform on other days of the week!

Special Programs

- Black Belt Club Up to 3 classes
- Leadership Training Up to 4 classes
- SWAT Leader unlimited Classes

Adult Special Programs

- ATA – Fit and Warrior X-Fit
- Trainee Instructor
- Combative Training