



MONDAY (Full Uniform Required)

ATA Tigers Leadership	4:15 - 4:45	TIGERS Leadership
Basic (White - Purple)	4:45 - 5:30	MAK Basic
Leadership (White - Purple)	4:45 - 5:45	MAK Leadership
Leadership (Blue - Black)	5:45 - 6:30	MAK Leadership
LEGACY (All Ranks) *New*	6:30 - 7:15	LEGACY
Basic (All Ranks)	7:15 - 8:00	TEENS / ADULT Basic
Leadership (All Ranks)	7:15 - 8:15	TEENS / ADULT Leadership

TUESDAY (Full Uniform Required)

ATA Tigers (All Ranks)	4:15 - 4:55	TIGERS
Basic (White - Purple)	5:00 - 5:45	MAK Basic
Leadership (White - Purple)	5:00 - 6:00	MAK Leadership
Leadership Hyper Pro Training	6:00 - 6:45	Leadership
Leadership (Rec. BB - Black Belt)	6:45 - 7:35	Leadership
Gold Medal Combat Fitness	7:45 - 8:45	TEENS / ADULTS

WEDNESDAY (Full Uniform Required)

ATA Tigers (All Ranks)	4:00 - 4:40	TIGERS
ATA Tigers Leadership (All Ranks)	4:00 - 5:00	TIGERS Leadership
Basic / Leadership (Camo - Purple)	5:00 - 5:45	MAK
Basic (Blue - Black)	5:45 - 6:30	MAK Basic
Leadership (Blue - Black)	5:45 - 6:45	MAK Leadership
LEGACY (All Ranks) *New*	6:45 - 7:30	LEGACY
Basic (All Ranks)	7:30 - 8:15	TEENS / ADULT Basic
Leadership (All Ranks)	7:30 - 8:30	TEENS / ADULT Leadership

THURSDAY (ATA & Hyper Shirts Permitted)

ATA Tigers (All Ranks)	4:15 - 4:55	TIGERS
Basic/Leadership (White -Yellow)	5:00 - 5:45	MAK
Hyper Fight Club Sparring (White - Purple)	5:45 - 6:30	MAK / ADULT Leadership
Hyper Fight Club Sparring (Blue - Black)	6:30 - 7:25	MAK / ADULT Leadership
Gold Medal Combat Fitness	7:35 - 8:35	TEENS / ADULTS

FRIDAY (ATA & Hyper Shirts Permitted)

Private Training	3 - 7 pm	All Ages / Programs
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SATURDAY (ATA & Hyper Shirts Permitted)

Gold Medal Combat Fitness	8:30 am - 9:30 am	TEENS / ADULTS
ATA Tigers (All Ranks)	9:45 am - 10:15 am	TIGERS
ATA Tigers Leadership (All Ranks)	9:45 am - 10:30 am	TIGERS Leadership
Family Class (All Color Ranks)	10:30 am - 11:15 am	K4K/ADULTS
HFC Leadership Martial Arts Athlete Class	11:30 am - 1 pm	Leadership