



3803-R Moss Street • Lafayette, LA 70507 • 337-593-8844

WEBSITE: www.DaiglesMartialArts.com

NATIONAL WEBSITE: WWW.ATAONLINE.COM

CLASS SCHEDULE

Effective Feb. 15, 2012

Monday

5:15 - 5:55	Blue – Black Rec.	(Ages 7-up)
5:55 - 6:35	White - Purple	(Ages 7-up)
6:35 - 7:05	Tiny Tigers	(Ages 3-6)
7:05 - 7:45	Black Belts	(All Ranks)

Tuesday

5:25 - 5:55	Red & Black (R) & Old Form Refresher	(Ages 7-up)
5:55 - 6:35	White - Purple	(Ages 7-up)
6:35 - 7:05	Tiny Tigers	(Ages 3-6)
7:05 - 7:45	Blue, Brown, & Black Belts	(Ages 7-up)

Wednesday

5:15 – 5:45	Black Belt Club Members / Leadership Members (weapons)	(Ages 3-up)
5:45 – 6:15	Wrestling / Grappling / Joint Locks	(Ages 7-up)
6:15 – 6:45	Sparring Class	(Tiny Tigers - Adults)
6:45 – 7:15	Leadership Classes	(Instructors, & Leadership Members)

Thursday

5:25 – 5:55	ATA Creative / X-Treme	(All Ages)
5:55 - 6:35	White - Purple	(Ages 7-up)
6:35 - 7:05	Tiny Tigers	(Ages 3-6)
7:05 – 7:45	Blue – Black Belts	(Ages 7-up)

Friday

5:15 - 5:55	Blue – Black	(Ages 7-up)
5:55 - 6:35	White - Purple	(Ages 7-up)
6:35 - 7:05	Tiny Tigers	(Ages 3-6)

All times are subject to change.

*** For Classes students may wear an [ATA Taekwondo T-shirt](#) instead of the uniform top. They must wear the uniform pants and belt and bring all gear including weapons. Wednesday classes, students can wear any workout pants but must still wear belt and TKD t-shirt.

We recommend at least two classes a week and more for those who are struggling with the information.

See Mrs. Daigle if you need private lessons for extra help.

****Please remember students cannot be dropped off until five minutes before his/her class and must be picked up as soon as their class ends.****