



CLASS SCHEDULE

11010 LAIRD LANE • DENHAM SPRINGS, LA 70726

WWW.ATAWARRIOR.COM or WWW.FACEBOOK.COM/ATASTRONGMAA

225-665-0909



MONDAY

5:40 to 6:10	TINY TIGERS	ALL TIGERS ALL BELTS
6:10 to 6:40	Beginners & Intermediate	White through Purple Belts
6:40 to 7:10	WEAPONS TRAINING	MASTER CLUB AND LEADERSHIP
7:10 to 7:40	Advanced & Black Belts	Blue through Black Belts

TUESDAY

5:30 TO 6:00	TINY TIGERS	ALL TIGERS ALL BELTS
6:00 to 6:30	Beginners & Intermediate	White through Purple Belts
6:30 to 7:00	LEADERSHIP TRAINING	LEADERSHIP STUDENTS (WEAPONS & TRAINING)
7:00 to 7:30	Advanced & Black Belts	Blue through Black Belts
7:30 TO 8:00	WARRIOR KRAV MAGA	TEENS AND ADULTS ONLY (12 years and above)

WEDNESDAY

5:30 TO 6:00	TINY TIGERS	ALL TIGERS ALL BELTS
6:00 to 6:30	Beginners and Intermediate	White through Purple Belts
6:30 to 7:15	Advanced & Black Belts	Blue through Black Belts
7:15 to 8:00	WARRIOR KRAV MAGA	TEENS AND ADULTS ONLY (12 years and above)

THURSDAY

5:40 to 6:10	TINY TIGERS	ALL TIGERS ALL BELTS
6:10 to 6:40	Beginners & Intermediate	White through Purple Belts
6:40 to 7:10	SPARRING	ALL STUDENT – WITH SPARRING GEAR
7:10 to 7:40	Advanced & Black Belts	Blue through Black Belts

FRIDAY

5:15 TO 6:00	BEGINNERS TO BLACK BELTS	MIXED STUDENTS RANKS
6:00 to 7:00	WOMEN'S KRAV MAGA	ADULT WOMEN ONLY (13 years and up)

SATURDAY

9:30 TO 10:15 AM	LEADERSHIP TRAINING	LEADERSHIP STUDENTS (WEAPONS & TRAINING)
10:15 AM TO 11:00 AM	COMPETITION CLASS	LEADERSHIP STUDENTS

FOR PRIVATE LESSONS OR TO ORDER ITEMS CONTACT
MRS. DENDY & MR. JONES @ 225-665-0909 OR CATHERINE@ATASTRONG.NET

This Schedule is Subject to Change -- Please Check School Calendar for Changes to Schedule
If you have a problem with Class Times, please feel free to contact CM Dendy

****TINY TIGERS CLASSES ARE FOR KIDS 3 TO 6 YEARS OF AGE****

Schedule to take effect: February 7, 2022