



10625 Deme Drive, Suite E \*  
Indianapolis, IN \* 317-826-9999

# 2011 Class Schedule

Visit Our Website At -  
[www.IndyATA.com](http://www.IndyATA.com)

317-826-9999 Facebook: Indianapolis Ata

<i>Class</i>	<i>Monday</i>	<i>Tuesday</i>	<i>Wednesday</i>	<i>Thursday</i>	<i>Friday</i>	<i>Saturday</i>	<i>Sunday</i>
TINY TIGERS		6:00PM				10:00AM	
KARATE KIDS I	4:30PM	6:00PM	5:15PM		4:30PM OPEN	10:00AM	
KARATE KIDS II	5:15PM	4:30PM	6:00PM		4:30PM OPEN	11:00AM	
KARATE KIDS III		5:15PM	6:00PM	4:30PM	4:30PM OPEN	11:00AM	
BLACK BELTS I, II, III		6:45PM	6:45PM (ADULTS)	6:30PM	4:30PM OPEN	12:00PM	
ADULTS ALL RANKS	6:45PM (OPEN)		6:45PM	7:15PM			
WEAPONS	6:00PM				5:15PM		
COMBAT WEAPONS					6:30PM		
KIDS SPARRING					6:00PM		
ADULT SPARRING					7:00PM		
MMA - Adults Only	6:30PM		6:30PM				
JR. LEADERSHIP / INSTRUCTOR TRAINING		7:30PM					
ATA EXTREME				5:15PM			
COMPETITION TRAINING	6:45PM						
ATA FIT KICKBOXING (FITNESS)	7:30PM		7:30PM			8:30AM	
BIRTHDAY PARTIES						2PM-4PM	

*FRIDAYS AND SATURDAYS ARE 'CASUAL UNIFORM DAYS', WHICH INCLUDES TAEKWONDO PANTS (or ATA SHORTS), BELT AND ATA T-SHIRT*

SCHEDULE EFFECTIVE OCTOBER 12TH, 2011

*PRIVATE CLASSES AVAILABLE \$20 FOR 1/2 HOUR PERSONAL FITNESS TRAINING AVAILABLE BY APPT. ONLY*