

Ken Caryl ATA Black Belt Academy

9042 W. Ken Caryl Ave. B-2, Littleton, Co 80128

303-973-3001

Monday		Tuesday		Wednesday		Thursday		Saturday	
		**ATA Fit (Warrior) 8:30-9:15				**ATA Fit (Warrior) 8:30-9:15			
				5:00-5:45 Camo- Rec Black				8:15-9:00 Competition	
5:45-6:30 Black Belts	5:45- 6:30 White-Yellow	5:45-6:15 Tigers	5:45-6:15 *Color Belt Leadership	5:45-6:15 Camo- Black Sparring	5:45- 6:30 White-Yellow	5:45-6:30 White-Yellow	5:45-6:15 Tigers	9:00-9:30 *Black Belt Leadership	
6:30- 7:15 Camo- Purple	6:30- 7:15 Blue- Rec Black	6:15-7:00 Camo-Purple	6:15-7:00 Blue- Rec Black	6:15- 7:00 Black Belts			6:15-6:45 *Color Belt Leadership	9:30-10:15 Black Belts	
7:15-7:45 *Color Belt Leadership		7:00-7:45 Black Belts		7:00-7:30 *Black Belt Leadership		6:45-7:30 Camo-Purple	6:45-7:30 Blue-Rec Black		
7:45-8:30 Teen/Adult All		7:45-8:15 *Black Belt Leadership		7:30-8:00 *Teen- Adult Leadership		7:30-8:15 Teen/Adult All	7:30-8:15 **ATA Fit (Yoga)	10:15-11:15 *ATA Xtreme	
				8:00-8:45 Teen/Adult Sparring				11:15- 12:15 All Colored Belts	
								12:15-12:45 Tigers	12:15- 1:00 Black Belt Prep Class

* Leadership Only

** Leadership or Pre Pay Punch Card

All Students Camouflage and above should bring sparring gear to every class.

This includes wearing a hard athletic cup for all males to every class!

Effective Date Aug. 8, 2011