



910.399.1950
ConfidenceMartialArts.com



	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
ATA Tigers - Emerging Leaders	---	---	5:00pm-5:30pm	---	5:00pm-5:30pm	Elite Training (Instructors, CIT, Black Belts) 9:30am - 10:00am
ATA Tigers - Advanced BBC	---	---	5:30pm-6:00pm	---	5:30pm-6:00pm	
K4K - Emerging Leaders	---	5:00pm-5:30pm	6:00pm-6:30pm	5:00pm-5:30pm	6:00pm-6:30pm	ATA Tigers - Advanced BBC 10:00am - 10:30am
K4K - Advanced LP-IP Color Belts #1	---	5:30pm-6:00pm	6:30pm-7:00pm	5:30pm-6:00pm	6:30pm-7:00pm	ATA Tigers - Emerging Leaders 10:30am - 11:00am
K4K - Advanced LP-IP #2	---	6:00pm-6:30pm	7:00pm-7:30pm	6:00pm-6:30pm	7:00pm-7:30pm	Family Training Class 11:00am - 11:30am
Instructor Training	---	6:30pm-7:00pm	---	6:30pm-7:00pm	---	
K4K - Advanced LP-IP Black Belts #1	---	7:00pm-7:30pm	---	7:00pm-7:30pm	---	XMA/Creative Class 11:30am - 12:00pm
Adult Taekwondo	KALI/KNIFE 7:30pm-8:15pm	11:00am-11:45am	7:30pm-8:15pm	11:00am-11:45am	7:30pm-8:15pm	Competition Class 12:00pm - 12:45pm
BEGINNER KRAV MAGA	8:15pm-9:00pm	7:30pm-8:15pm	8:15pm-9:00pm	7:30pm-8:15pm	---	
ADVANCED KRAV MAGA	---	8:15pm-9:00pm	---	8:15pm-9:00pm	---	Advanced Form Class 12:45pm-1:15pm

— Advanced Students MUST attend at least 10 classes of #1 and of #2 in order to test unless special permission is given by your instructor! —

—Advanced #1 classes will consist of Basics/Form/Weapons. Advanced #2 classes will consist of Sparring/Combat Weapon Sparring/Board Breaking—