

Howard's ATA Black Belt Academy
2801A W. Truman Blvd.
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EFFECTIVE : June 15th, 2009

Room 1

Room 2

Monday

4:45-5:30	BBC (ALL COLOR BELTS)
5:30 - 6:15	KIDS JU JITSU
6:15 - 7 PM	BLACK BELTS
7:00 PM	MMA
7:30 PM	

<i>TIGERS BASICS</i>
<i>TIGERS BBC</i>
BLOCK I BASIC
WOMENS'S CLASS

Tuesday

4:00-4:45	Staff Training
4:45-5:30	BLOCK 1 BASIC
5:30-6:15	BLACK BELTS
6:15-7:00	LEADERSHIP (ALL AGES)
7:00-7:45	BBC (ALL COLOR BELTS)
7:45	MMA

<i>Lil' Cubbies Class (2-3 yr olds)</i>
<i>TIGERS BASIC</i>
<i>TIGERS BBC</i>

Wednesday

4:45-5:30	BBC (ALL COLOR BELTS)
5:30 - 6:15	LEADERSHIP (ALL AGES)
6:15 - 7 PM	BLACK BELTS
7:00 PM	BLOCK 1 BASIC

<i>TIGERS BASIC</i>
<i>TIGERS BBC</i>
WOMEN'S CLASS

Thursday

4:45-5:30	BLOCK 1 BASIC
5:30-6:15	BLACK BELTS
6:15-7:00	LEADERSHIP (ALL AGES)
7:00-7:45	BBC (ALL COLOR BELTS)
7:45	MMA

<i>Lil' Cubbies Class (2-3 yr olds)</i>
<i>TIGERS BASIC</i>
<i>TIGERS BBC</i>

FRIDAY

5:15-6:00	KIDS JU JITSU
6:00-6:45	SPARRING
6:45 PM	DEMO TEAM

WOMEN'S CLASS

- * ALL BBC MEMBERS ALL RANKS WILL ATTEND BBC CLASSES (SPARRING, FORMS, WEAPONS).
- * LEADERSHIP CLASSES WILL BE FOR BOTH KIDS AND ADULTS.
- * KIDS JU JITSU IS OPEN TO ANY LEADERSHIP MEMBER. BBC MEMBERS CAN ADD THIS FOR AN ADDITIONAL FEE.
- * RECOMMENDED BLACK BELTS WILL ATTEND CLASSES WITH BLACK BELTS.