

DENHAM SPRINGS ATA MARTIAL ARTS



141 Aspen Square, Suite A
Denham Springs, LA 70726
225.665.3301
www.dsatamartialarts.com



MONDAY

5:00 to 5:30	Tiny Tigers Beginners	White, Orange and Yellow Belts
5:30 to 6:10	Intermediate	Camo through Purple Belts
6:10 to 6:50	Advanced	Blue through Red Belts
6:50 to 7:30	Beginners	White through Yellow Belts
7:30 to 8:10	Black Belt Only	Black Belts Only
8:10 to 9:00	Krav Maga	Teens and Adults Only (13 years and above)

TUESDAY

5:10 to 5:50	Beginners	White through Yellow Belts
5:50 to 6:20	Tiny Tigers Beginners	White through Yellow Belts
6:20 to 6:50	Tiny Tigers Intermediate	Camo through Red Belts
6:50 to 7:30	Intermediate	Camo through Purple Belts
7:30 to 8:15	Warrior X-Fit	Open to Public
8:15 to 9:00	Advanced/Black Belt	Blue through Black Belts

WEDNESDAY

5:00 to 5:30	Tiny Tigers Intermediate	Camo through Red Belts
5:30 to 6:10	Advanced	Blue through Red Belts
6:10 to 6:50	Beginners	White through Yellow Belts
6:50 to 7:30	Black Belt Only	Black Belts Only
7:30 to 8:10	Intermediate	Camo through Purple Belts
8:10 to 9:00	Krav Maga	Teens and Adults Only (13 years and above)

THURSDAY

5:10 to 5:50	Beginners	White, Orange and Yellow Belts
5:50 to 6:20	Tiny Tigers Beginners	White through Yellow Belts
6:20 to 6:50	Tiny Tigers Intermediate	Camo through Red Belts
6:50 to 7:25	Leadership	All Leaders
7:25 to 8:10	Warrior X-Fit	Open to Public
8:10 to 8:50	Black Belt Only	Black Belt Only

FRIDAY

5:45 to 6:10	Tiny Tigers Beginners	White through Yellow Belts
6:10 to 6:35	Tiny Tigers Intermediate	Camo through Red Belts
6:35 to 7:15	Beginners/Intermediate	White through Purple Belts
7:15 to 8:00	Advanced/Black Belt	Blue through Black Belts

SATURDAY

Open for Private Lessons and Special Events – For Private Lessons Please contact Mrs. Dendy

**This Schedule is Subject to Change • Please Check Class Calendar for Changes to Schedule
For the benefit of each student, you will only be allowed to attend YOUR scheduled classes**

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

Schedule to take effect: May 4, 2009