



**ATA CROSS FAMILY MARTIAL ARTS**  
 Conveniently located 1/4 mile South of Quincy Ave & Reservoir Rd.  
 4510 S. Reservoir Rd., Aurora, CO 80015  
 www.ATACrossTaekwondo.com



**(303) 690-0560**

Schedule Effective 4/5/10

Monday		Tuesday		Wednesday		Thursday		Friday		Saturday	
Camo / Green 4:30 - 5:00		Red Belts 4:30 - 5:00		Purple / Blue 4:30 - 5:15		White / Orange / Yellow 4:30 - 5:15		Thursday and Saturday Classes (shaded area only) are only for students in Black Belt Club (BBC), Masters Club (MC) or Leadership Club (LC)		White / Orange / Yellow 9:00 - 9:45 AM	
Brown Belts 5:00 - 5:30		Brown Belts 5:00 - 5:30		White / Orange / Yellow 5:15 - 6:00		Purple / Blue Weapons Class 5:15 - 6:00					
Red Belts 5:30 - 6:00		Camo / Green 5:30 - 6:00		Tiny Tigers Beginner 1 6:00 - 6:30		BBC, MC & LC Members Only		Camo / Green 6:00 - 6:30		BBC, MC & LC Members Only	
Tiny Tigers Beginner 1 6:00 - 6:30		Black Belts 6:00 - 6:45		Tiny Tigers Advanced 1 6:00 - 6:30				Black Belts Weapons, Boards, etc 6:00 - 6:45			
Tiny Tigers Beginner 2 6:30 - 7:00		White / Orange / Yellow 6:45 - 7:30		Tiny Tigers Beginner 2 6:30 - 7:00				Camo / Green Sparring 6:45 - 7:30			
Tiny Tigers Advanced 2 6:30 - 7:00		Purple / Blue 7:30 - 8:15		Black Belt Testing Prep 6:30 - 7:00				Brown / Red Weapons Class 7:30 - 8:15			
Purple / Blue 7:00 - 7:30		Adults 8:15 - 9:00		Camo / Green 7:45 - 8:15		Master's Club 8:15 - 9:00		White / Orange / Yellow 6:30 - 7:00		Purple - Black Board Breaks 10:30 - 11:15 AM	
White/Orange/ Yellow 7:30 - 8:00				Adult Leadership 7:30 - 8:15				Black Belts 7:00 - 7:30		Camo - Black Belt Sparring ADULTS & TEENS 11:15 - 12:00	
Black Belts 8:00 - 8:45								Brown / Red 7:00 - 7:30			



**3 - 5 YEAR OLD PROGRAM**  
**Mondays & Wednesdays**  
 6:00 - 6:30 or 6:30 to 7:00

Tiny Tigers classes teach the same material as our Karate for Kids classes in a format specially designed for children ages 3 to 5. We focus on developing discipline, listening, paying attention, following directions, being polite, using good manners, trying their best and developing motor skills equally on the left and right sides of the body.

**PRIVATE LESSONS**

\$15 per 1/2 hour session  
 \$20 for 2 students  
*Enrolled Students only*

Parents must stay during private lessons for their children  
 See office staff for scheduling.

**PLEASE NOTE:**

- **Uniforms:** You may wear Taekwondo pants and a **Cross Taekwondo t-shirt** on Mondays, Thursdays and Saturdays.
- **Classes:** Please attend only your assigned classes. Red & Black Belts may attend lower rank classes to re-learn forms.
- Please arrive in uniform as there are no dressing rooms available to students.
- Please arrive 10 minutes before your class begins to warm-up