



Lansing's ATA Martial Arts
 Spring 2018 Class Schedule
 397B Aviation Blvd, Santa Rosa
 (707) 591-0800
 www.LansingsMartialArts.com



| ATA Tigers (ages 4-6) | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
|-----------------------|-------------|-----------|-------------|-----------|--------|-------------|
| All Ranks | 9:00-9:25am | | 9:00-9:25am | | | 9:15-9:45am |
| All Ranks | 3:15-3:45 | | 3:15-3:45 | | | |
| All Ranks | | 6:05-6:35 | | 6:05-6:35 | | |

| Kids (ages 7-12) | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
|---------------------|--------------|-----------|--------------|-----------|-----------|--------------|
| All Ranks Class | | | | | | 10:35-11:15a |
| White – Green Belts | 9:30-10:00a | 5:20-6:00 | 9:30-10:00a | 5:20-6:00 | | |
| Purple – Red | 10:05-10:35a | | 10:05-10:35a | | | |
| White – Green Belts | 3:55-4:30 | | 3:55-4:30 | | 4:00-4:30 | |
| Purple – Red | 5:10-5:50 | | 5:10-5:50 | 4:35-5:15 | 4:35-5:05 | |
| Black Belts | 5:55-6:35 | | 5:55-6:35 | | 5:45-6:30 | |

| Adults/Teens (13 & up) | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
|------------------------|---------------|-----------|---------------|-----------|-----------|----------|
| All Ranks Class | 10:40-11:20am | | 10:40-11:20am | | 7:20-7:55 | |
| White – Green Belts | 7:40-8:30 | | 7:40-8:30 | | | |
| Purple – Red | | 7:30-8:10 | | 7:25-8:15 | | |
| Black Belts | 6:40-7:35 | | 6:40-7:35 | | 5:45-6:30 | |

| Specialty Classes | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
|---------------------|-----------|-----------------|----------------|----------|-----------|--------------|
| Kids/T.T Leadership | 4:35-5:05 | | | | | |
| Adult Leadership | | | | | | |
| All Ages Leadership | | | | | 5:10-5:40 | 9:55-10:35a |
| Sparring Kids | | 4:35-5:05 (BEG) | 4:35-5:05(ADV) | | | 11:15-11:55a |
| Sparring Adults | | 8:10-8:50 | | | 6:35-7:15 | |

PRIVATE INSTRUCTION AVAILABLE BY APPOINTMENT

School T-Shirt / Any Martial Art Uniform Will
 Be Allowed on Friday/Saturday
 Pretest/Testing/Tournament: COMPLETE
 ATA UNIFORM **REQUIRED**

Hours of Operation
 Monday – Friday 3:00pm – 8:00pm
 Saturday 9:00am – 1:00 pm

SCHOOL OWNER/CHIEF INSTRUCTOR **PAUL LANSING**
 INSTRUCTOR **TRINA KOCH**