



North Hills ATA Martial Arts

(412) 931-6060 | 484 Lowries Run Road, Pittsburgh, PA 15237

www.northhillsata.com | info@northhillsata.com



	Monday	Tuesday	Wednesday	Thursday	Friday
ATA TIGERS (Ages 4-6)					
White, Orange Belts	6:00-6:30	5:15-5:45		5:45-6:15	4:30-5:00
Yellow through Red Belts*		5:45-6:15	6:00-6:30	5:15-5:45	5:00-5:30
KARATE FOR KIDS (Ages 7-12)					
White, Orange, Yellow Belts	5:15-6:00	6:15-7:00	4:30-5:15		5:30-6:15
Camo, Green, Purple, Blue Belts*	4:30-5:15		5:15-6:00	6:15-7:00	6:15-7:00
Brown, Red, Red/Black Belts*	6:30-7:15	4:30-5:15		4:30-5:15	7:00-7:45
1st, 2nd, 3rd Degree Black Belts*		4:30-5:15	6:30-7:15	4:30-5:15	7:45-8:30
TEENS & ADULTS (Ages 13 & up)*	8:00-8:45	7:00-7:45	8:00-8:45	7:00-7:45	
LEADERSHIP*	7:15-8:00		7:15-8:00		
LEGACY Instructor Training		7:45-8:30		7:45-8:30	

*ATA Sparring gear is required for ALL students in ALL classes Camo Belts and above