



North Hills ATA Martial Arts

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EFFECTIVE JANUARY 1, 2025



| | Monday | Tuesday | Wednesday | Thursday | Friday |
|---|-----------|-----------|-----------|-----------|-----------|
| ATA TIGERS (Ages 4-7) | | | | | |
| 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 |
| MARTIAL ARTS KIDS (Ages 7-12) | | | | | |
| White, Orange, Yellow Belts | 5:15-6:00 | 6:15-7:00 | | | 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