

Basic Program - 2 Core Classes per week

Leadership Program - Unlimited Core & Leadership Classes

Legacy - Full Access to ALL Programs & Instructor Program Classes

ATA Tigers!

(Ages 4-6 - All belt levels)

	Core	Leadership
Monday	5:00-5:30	5:30-5:45
Wednesday	4:30-5:00	
Thursday	4:30-5:00	5:00-5:15

White/Orange/Yellow Belts

	Core	Leadership
Monday	5:50-6:30	
Wednesday	5:05-5:45	5:50-6:20 <u>or</u> 7:00-7:30
Thursday	5:05-5:45	5:50-6:05
ADULTS ONLY CLASS:		
Tuesday	6:35-7:15	

Camo/Green/Purple

	Core	Leadership
Monday	5:50-6:30	
Wednesday	5:05-5:45	5:50-6:20 <u>or</u> 7:00-7:30
Thursday	5:05-5:45	5:50-6:05
Thursday (sparring)	6:05-6:35	
ADULTS ONLY CLASS:		
Tuesday	6:35-7:15	

Blue/Brown/Red/Black Rec.

	Core	Leadership
Tuesday	5:00-5:40	5:40-5:55
Wednesday	6:20-7:00	5:50-6:20 <u>or</u> 7:00-7:30
Thursday (sparring)	6:05-6:35	5:50-6:05
Thursday (sparring)	6:40-7:00	
ADULTS ONLY CLASS:		
Tuesday	6:35-7:15	

Legacy (Instructor Program)

Legacy Class	Tuesday	6:00-6:30
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IMPORTANT THINGS TO NOTE!

This class schedule is subject to change, and has been modified due to current events. We will give notice of any class changes at least 2 weeks in advance.

Thanks!

CLASS STRUCTURE AND POLICIES

- All classes are mask OPTIONAL
- Masks are REQUIRED in our parent waiting area. STUDENTS SHOULD KEEP A MASK IN THEIR BAG IN CASE THEY NEED TO USE THE RESTROOM!

We will be encouraging social distancing in classes, but we encourage parents to talk to their children and make choices regarding classes & masks that are best for your family!

TIGERS: We will continue to use social distance training squares and there will be a registration limit of 23 students per class.

KARATE KIDS / TEENS / ADULTS: We will be utilizing stars on the floor. There will be registration limit of 33 students per class.

ALL Students MUST register for classes in advance on the Spark Member App or by visiting atasarasota.sparkuniversity.co

Leadership: Students should register for main core class, you will be automatically enrolled for the 15-minute Leadership class following. The only Leadership class you must sign up for is the Wed. Combat Sparring class.

Students should line up outside of the building (following social distancing guidelines) approx. 5 minutes prior to class start time placed in the proper area on the floor and have time to fully stretch

Please do not be late! It is important the students arrive on time as we do not allow students to enter class 10 minutes after the assigned start time for safety reasons and to minimize interruptions of class.

Black Belts

	Core	Leadership
Monday	6:35-7:15	7:15-7:30
Tuesday	5:00-5:40	5:40-5:55
Wednesday	6:20-7:00	5:50-6:20 <u>or</u> 7:00-7:30
Thursday (sparring)	6:05-6:35	
Thursday (form)	6:40-7:00	5:50-6:05
ADULTS ONLY CLASS:		
Tuesday	6:35-7:15	