



Hollender's ATA Black Belt Academy

1216 Harkrider Street, Conway, AR 72032

(501) 327-KICK

www.conwayata.com

Schedule is effective 1/15/2010

- Private Lessons are available by appointment
- Weapon classes are reserved for Black Belt Club, Master Club Leadership members.
- All adults eligible for sparring should have their sparring gear ready for class.
 - See below for adult leadership seminars

Monday

	<u>K4K</u>	<u>Tiny Tigers</u>	<u>Adults</u>	<u>Aikido</u>
	4:30-5:30 PM K4K Taekwondo	5:00-5:30 PM Tiny Tigers Taekwondo	5:30-6:00 PM Adult Sparring	Private Lessons Available by Request
	5:30-6:00 PM K4K Sparring	5:30-6:00 PM Tiny Tigers Sparring	6:00-7:00 PM Adult Taekwondo <small>(Students with sparring gear need to bring it to class)</small>	Private Lessons Available by Request
	6:00-7:00 PM K4K Taekwondo	6:00-6:30 PM Tiny Tigers Taekwondo	7:00-8:00 PM Black Belt TKD Class <small>(Students with sparring gear need to bring it to class)</small>	7:30-9:00 PM Adult Aikido

Tuesday

	<u>K4K</u>	<u>Tiny Tigers</u>	<u>Adults</u>	<u>Aikido</u>
	4:30-5:30 PM K4K Taekwondo	5:00-5:30 PM Tiny Tigers Taekwondo	5:30-6:00 PM Adult Weapon Class	Private Lessons Available by Request
	5:30-6:00 PM Weapons	5:30-6:00 PM Weapons	6:00-7:00 PM Adult Taekwondo <small>(Students with sparring gear need to bring it to class)</small>	Private Lessons Available by Request
	6:00-7:00 PM K4K Taekwondo	6:00-6:30 PM Tiny Tigers Taekwondo		7:30-9:00 PM Adult Aikido

Wednesday

	<u>K4K</u>	<u>Tiny Tigers</u>	<u>Adults</u>	<u>Aikido</u>
	4:30-5:30 PM K4K Taekwondo	5:00-5:30 PM Tiny Tigers Taekwondo	5:30-6:00 PM Adult Weapon Class	Private Lessons Available by Request
Children's Leadership Class 5:30-6:00 PM	Private Lessons Available by Request	Private Lessons Available by Request	6:00-7:00 PM Adult Taekwondo <small>(Students with sparring gear need to bring it to class)</small>	Private Lessons Available by Request
7:00-8:00 PM Adult Leadership Class <small>(Students with sparring gear need to bring it to class)</small>	6:00-7:00 PM K4K Taekwondo	6:00-6:30 PM Tiny Tigers Taekwondo	7:00-8:00 PM Adult Leadership Class <small>(Students with sparring gear need to bring it to class)</small>	7:30-9:00 PM Adult Aikido

Thursday

	<u>K4K</u>	<u>Tiny Tigers</u>	<u>Adults</u>	<u>Aikido</u>
	4:30-5:30 PM K4K Taekwondo	5:00-5:30 PM Tiny Tigers Taekwondo	5:30-6:00 PM Adult Sparring	Private Lessons Available by Request
		5:30-6:00 PM Tiny Tigers Sparring		
	5:30-6:00 PM Sparring	6:00-6:30 PM Tiny Tigers Taekwondo	6:00-7:00 PM Adult Taekwondo <small>(Students with sparring gear need to bring it to class)</small>	Private Lessons Available by Request
	6:00-7:00 PM K4K Taekwondo			7:30-9:00 PM Adult Aikido

Fri.

	<u>K4K</u>	<u>Tiny Tigers</u>	<u>Adults</u>	<u>Aikido</u>
	4:30-5:30 K4K Taekwondo	Private Lessons Available by Request	Private Lessons Available by Request	Private Lessons Available by Request

Sat.

	<u>K4K</u>	<u>Tiny Tigers</u>	<u>Adults</u>	<u>Aikido</u>
	10:00-11:00 AM All Ages Taekwondo	Private Lessons Available by Request	10:00-11:00 AM All Ages Taekwondo	11:30-12:30 PM Adult Aikido

The first Saturday of each month is Leadership Training for all adult leadership students from the Arkansas area. Classes will be from 10 AM – 12 Noon. If there is a special event, such as a regional tournament, the training will be moved to the second Saturday. No regular classes will meet on these Saturdays. Call 327-KICK to check our schedule.