



FAMILY MARTIAL ARTS TRAINING CENTER

EFFECTIVE 9/02/25



MONDAY - Form/Weapons		TUESDAY - Forms/Weapons		WEDNESDAYS - Spar/Combat		THURSDAY - Breaks/Defense		FRIDAY	SATURDAY
Form/Weapons	ATA MAX	Form/Weapons	Weapons	Breaks/S-D	Spar/Combat	Breaks/S-D	Forms	Spar/Combat	Spar/Combat
4:00 - 4:30 PM		4:00 - 4:30 PM		4:00 - 4:30 PM		4:00 - 4:30 PM		4:00 - 4:30 PM	9:00 - 9:30 AM
									BBC All Tigers
4:30 - 5:00 PM		4:30 - 5:00 PM		4:30 - 5:00 PM		4:30 - 5:00 PM		4:30 - 5:00 PM	9:30 - 10:00 AM
		BBC All Tigers				BBC All Tigers		Leadership TT/MAK	BBC ALL MAK
5:00 - 5:30 PM		5:00 - 5:30 PM		5:00 - 5:30 PM		5:00 - 5:30 PM		5:00 - 5:30 PM	10:00 - 11:00 AM
BBC Rec/1st Black Belts	Leadership Tiny Tigers	BBC Beginner MAK	Leadership Tiny Tigers	BBC Black Belts	Leadership Tiny Tigers	BBC Beginner MAK	Leadership Tiny Tigers	Leadership Black Belts	BBC Black Belts
5:30 - 6:00 PM		5:30 - 6:00 PM		5:30 - 6:00 PM		5:30 - 6:00 PM		5:30 - 6:30 PM	10:00 - 11:00 AM
BBC All Tigers		BBC Advanced MAK	Fundamentals	BBC All Tigers		BBC Advanced MAK	Fundamentals	Leadership Teen & Adults	BBC Teen & Adults
6:00 - 6:30 PM		6:00 - 6:30 PM		6:00 - 6:30 PM		6:00 - 6:30 PM			
BBC Beginner MAK	Fundamentals	Special Abilities		BBC Beginner MAK	Fundamentals	Special Abilities			
6:30 - 7:00 PM		6:30 - 7:00 PM		6:30 - 7:00 PM		6:30 - 7:00 PM			
BBC Advanced MAK		All Leadership ATA MAX		BBC Advanced MAK		Leadership MAK			
7:00 - 7:30 PM		7:00 - 7:30 PM		7:00 - 7:30 PM		7:00 - 7:30 PM			
All Leadership		BBC Rec/1st Black Belts		Leadership Spar/Combat		BBC Black Belts			
7:30 - 8:00 PM		7:30 - 8:00 PM		7:30 - 8:00 PM		7:30 - 8:00 PM			
BBC 2nd/3rd Black Belts		BBC 2nd/3rd Black Belts		Leadership Black Belts		Leadership Black Belts			
8:00 - 9:00 PM		8:00 - 9:00 PM		8:00 - 9:00 PM		8:00 - 9:00 PM			
BBC/Leadership Teen & Adults		BBC/Leadership Teen & Adults		BBC/Leadership Teen & Adults		BBC/Leadership Teen & Adults			