

AATKD SCHEDULE

Monday

5:00pm – 6:00pm

Children (all ranks)

6:00pm – 7:00pm

Adults (all ranks)

Tuesday

5:00pm – 6:00pm

Children (all ranks)

6:00pm – 7:00pm

Adults (all ranks)

7:00pm – 8:00pm

Grappling (students and non-students)

Wednesday

5:00pm – 6:00pm

Children (all ranks)

6:00pm – 7:00pm

Adults (all ranks)

Thursday

5:00pm – 6:00pm

Children (all ranks, focus on forms, point sparring and weapons)

6:00pm – 7:00pm

Family class (Adult & children, all ranks)

Friday

5:00pm – 5:30pm

Tiny Tigers