



# Lansing's ATA Martial Arts

Class Schedule  
 397 Aviation Blvd, Ste B  
 Santa Rosa  
 (707) 591-0800



www.LansingsMartialArts.com

Tiny Tigers (all ranks)	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Black Belt Club	3:15–3:50	3:15–3:50	3:15–3:50	3:15–3:50		9:55–10:30
Evening Class		6:05–6:35		6:05–6:35		

Kids	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
All Ranks Class						10:35–11:15
White – Green Belts	3:55–4:30	5:20–6:00	3:55–4:30	5:20–6:00		
White – Green Belts		6:40–7:20		6:40–7:20		
Purple – Red	5:10–5:50	3:55–4:35	5:10–5:50	3:55–4:35		
Black Belts	5:55–6:35		5:55–6:35			
Kids open workout					4:00-5:15	

Adults & Teens	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
All Ranks Class	10:00-11:30 am		10:00-11:30 am		6:00-6:35	
White – Green Belts	7:40–8:30		7:40–8:30			
Purple – Red		7:30–8:10		7:30–8:10		
Black Belts	6:40–7:35		6:40–7:35			

Specialty Classes	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Tiny Tiger Leadership				4:40–5:15		9:15–9:50
Kids Leadership	4:35–5:05	4:40–5:15			5:20–5:55	
Adult Leadership				8:10–8:50		
ATA Xtreme						12:00–12:40
Sparring Kids			4:35–5:05			11:15–11:55
Sparring Adults		8:10–8:50			6:40–7:15	
Demo Team	Team	Members	Check	Your	E-mail	

### PRIVATE INSTRUCTION AVAILABLE BY APPOINTMENT

*Effective July 20, 2009  
 Class times subject to change*

School T-Shirt / Any Martial Art Uniform Will Be Allowed On Fridays & Saturdays

All Other Days: **COMPLETE ATA UNIFORM REQUIRED**

Hours of Operation

Monday – Friday 2:30pm – 8:00pm

Saturday 10:00am – 1:00 pm

SCHOOL OWNER/CHIEF INSTRUCTOR **PAUL LANSING**

SENIOR INSTRUCTOR **TRINA KOCH** • PROGRAM DIRECTOR **ANANDA SWEET**