



Segal's ATA Class Schedule · Effective February 24, 2025

Creating tomorrow's leaders ... one black belt at a time.

Tigers

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
3:30-4:00	5:30-6:00	3:30-4:00	5:30-6:00	4:00-4:30

Beginner Kids · Ages 7-12

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
4:00-4:40	3:30-4:10	4:00-4:40	3:30-4:10	4:30-5:00
5:20-6:00 Family	6:00-6:40 Family	6:40-7:20 Family	6:00-6:40 Family	

Advanced Kids · Ages 7-12

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
4:40-5:20	4:50-5:30	5:20-6:00	4:50-5:30	5:40-6:10
5:20-6:00 Family	6:00-6:40 Family	6:40-7:20 Family	6:00-6:40 Family	

Junior Black Belts · Up to age 12

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
6:40-7:20	11:00-11:40	7:20-8:00	11:00-11:40	5:40-6:10

Teens & Adults · All Color Belts

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
5:20-6:00 Family	11:00-11:40 6:00-6:40 Family 7:20-8:00	6:40-7:20 Family	11:00-11:40 6:00-6:40 Family 7:20-8:00	6:50-7:30

Teen & Adults · Black Belts

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
6:40-7:20	11:00-11:40	7:20-8:00	11:00-11:40	6:50-7:30

Sparring Classes

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
6:00-6:40 Advanced Sparring (by permission only)	11:40-12:10 Teen / Adult All Ranks	4:40-5:20 Kids & Tigers	4:10-4:50 Kids & Tigers 6:40-7:20 Teen / Adult All Ranks	4:00-4:30 Tigers Only 5:00-5:40 Kids / Junior Black Belts 7:30-8:10 Teen / Adults All Ranks

Legacy & Leadership

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
7:20-8:00 Legacy	4:10-4:50 Leadership 6:40-7:20 Legacy	6:00-6:40 Leadership		6:10-6:50 Legacy & Leadership

Senior Strong

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	2:00-2:45		2:00-2:45	