

ATA Crete Schedule

Effective 1/2/2007

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	
5:00 PM	Tigers All Rank	Beginner White, Orange, Yellow	Tigers All Rank	Beginner White, Orange, Yellow		XMA (Xtreme Martial Arts)	9:30 AM
5:45 PM	Leadership Program	Intermediate Camo, Green, Purple, Blue	Instructor Training Jr. Leaders & Trainee Instructors	Intermediate Camo, Green, Purple, Blue	Clinics/ Private Lessons	All Rank/All Ages Includes Tigers	10:30 AM
6:30 PM	Family/Adult Class All Rank	Advanced Brown, Red, Black	Family/Adult Class All Rank	Advanced Brown, Red, Black		Sparring	11:15 AM
7:15 PM 7:30 PM	SWAT	XMA	XMA	XMA			12:00 PM
8:00 PM					(6:00 - 8:00 pm)		

<i>Month</i>	<i>Master Club</i>	<i>Leadership Program</i>
<i>January</i>	BME	Jahng Bong
<i>February</i>	SJB	Ssahng Nat
<i>March</i>	Double BME	Gumdo
<i>April</i>	Double SJB	Combatives
<i>May</i>	BME	Jahng Bong
<i>June</i>	SJB	Ssahng Nat
<i>July</i>	Double BME	Gumdo
<i>August</i>	Double SJB	Combatives
<i>September</i>	BME	Jahng Bong
<i>October</i>	SJB	Ssahng Nat
<i>November</i>	Double BME	Gumdo
<i>December</i>	Double SJB	Combatives

BME: Baton (Bahng Mang Ee)
SJB: Nunchacku (Ssahng Jeol Bong)
Combatives: Advanced Self Defense
Jahng Bong: Long Staff (Bo)
Ssang Nat: Kamas
Gumdo: Sword