



Lee's ATA Martial Arts- Tolleson Campus

9897 W. McDowell Rd. #715 Tolleson, AZ 85353

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	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
ATA TIGERS - LVL 1 <i>Ages 3-6 Turtle-Cheetah</i>	4:00-4:30pm	6:30-7:00pm			5:45-6:15pm	
ATA TIGERS- LVL 2 <i>Ages 3-6 Lion-Panther</i>	5:15-5:45pm				5:00-5:30pm	
ATA TIGERS - ALL RANKS <i>Ages 3-6 Turtle-Panther</i>		3:45-4:15pm	5:30-6:00pm	3:45-4:15pm		9:30-10:00am
ATA TIGERS SPARRING <i>Ages 3-6 All Ranks</i>		6:30-7:00pm				8:30-9:00am
ATA TIGERS ELITE <i>Ages 3-6, Mbrs Only</i>			5:00-5:30pm			9:00-9:30am
WHITE BELT ONLY <i>All Ages</i>				5:30-6:15pm	4:15-5:00pm	
KARATE KIDS- LVL 1 <i>Ages 7-12 White-Camo</i>	4:30-5:15pm	4:15-5:00pm	6:00-6:45pm		6:15-7:00pm	
KARATE KIDS- LVL 2 <i>Ages 7-12 Green & Up</i>		5:45-6:30pm	4:15-5:00pm		5:00-5:45pm	
KARATE KIDS- ALL RANKS <i>Ages 7-12. All Ranks</i>				4:15-5:00pm		10:00-10:45am
K4K SPARRING <i>All Ranks with gear</i>		7:00-7:45pm			7:00-7:30pm	10:45-11:30am
LEADERSHIP & XMA <i>All Ages/, Mbrs Only</i>	5:15-6:00pm (Leadership)	5:00-5:45pm (Elite Self Defense)	5:00-5:30pm (Hyper)	5:00-5:30pm (Hyper)		11:30-12:15pm (competition team)
TEAM SPARRING <i>All ages, members only</i>					7:00-8:00pm	
BLACK BELTS <i>All Ages</i>	6:00-7:00pm			7:15-8:15pm		
ALL TEENS & ADULTS <i>Ages 13+ All Ranks</i>	7:00-8:00pm		6:45-7:45pm	6:15-7:15pm		12:15-1:00am
ADULT SPARRING <i>All Ranks with gear</i>		7:45-8:30pm				1:00-1:45pm
TEEN/ADULT LEADERSHIP <i>Ages 13+, Mbrs Only</i>				7:15-8:15pm		
FAMILY CLASS <i>All Ages / All Ranks</i>	6:00-7:00pm					8:00-9:00am
ATA LEGACY <i>Mbrs Only</i>				5:30-6:15pm		

CEO/ Owner: Chief Master Michelle Landgren-Lee

President: Mr. Anthony Landgren-Lee

Vice President Ms. Patricia Martinez

A FEW THINGS TO REMEMBER:

Proper uniform is an all white uniform with white undershirt or no undershirt (boys). Leadership students may wear black pants. Students green and above may wear red pants. For the full uniform description see the front desk.

All students are required to bring their combat stick, gloves, and ssahng jeol bong (chucks) to every class. Advanced rank students please bring all your gear to class since some classes will include sparring/ other drills.

If you have missed classes due to an extended illness or vacation, please contact your instructor to set an appointment for free private lesson. Parent, teacher, child progress consultations are encouraged by appointment.

Program Director: Mr. Lochridge 3* Black Belt

Chief Instructor: Mr. Freedman 3* Black Belt

Online: www.leesatamember.com Email: lees.ata.estrella@gmail.com

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