



Lee's ATA Martial Arts Paradise Valley Campus

3202 E. Greenway Rd, Suite 1301, Phoenix, AZ 85032

(602) 485-5425 www.leesATAMember.com

Email: leesataparadisevalley@gmail.com

CLASS	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
TIGERS Ages 3-6	4:00-4:30pm	3:30-4:00pm	5:15-5:45pm	3:30-4:00pm 6:00-6:30		9:30-10:00AM
TIGER ELITE Ages 3-6	Weapons 4:30-5:00pm	Sparring 4:00-4:30pm	XMA/Hyper 4:45-5:15	Sparring 4:00-4:30pm		
COLOR BELT Ages 7-up, White-Red	4:30-5:15pm	4:30-5:15	4:00-4:45 7:00-7:45	4:30-5:15	4:00-4:45	10:15-11:15 All Ranks/Ages
KIDS SPARRING		5:15-6:00		5:45-6:30		
LEADERSHIP All Ranks	5:15-6:00pm	6:00-6:30			4:45-5:15	
XMA/HYPER TRAINING Leadership Only			4:45-5:15	5:15-5:45		
FIGHT CLUB Leadership Only	6:00-6:30pm				5:15-6:00	
ADULT SPARRING		7:30-8:30pm		7:30-8:30		
BLACK BELT ONLY All Ages, Rec. BB and Above	6:30-7:30p		6:15-7:00	6:30-7:30		10:15-11:15 All Ranks/Ages
TEEN & ADULTS Ages 13+ All Ranks	7:30-8:30p	6:30-7:30		7:30-8:30		10:15-11:15 All Ranks/Ages
KRAV MAGA Ages 16-up	6:30-7:30 Villa		7:45-8:30 Villa	6:30-7:30 Landgren		
LEGACY All Ages, All Ranks				5:15 to 5:45		
COMPETITION Leadership Only					6:00-7:00	As Scheduled by Instructor

ATA TIGERS- Children ages of 3-7 years old. Class is 30 Minutes long

KARATE FOR KIDS- Children ages of 8-12 years old. Class is 45 Minutes long.

TEENS AND ADULTS- Teens and Adults ages of 13 and up. Class is 60 Minutes long.

COMBAT CROSS TRAINING- Class focusing on Strength, Endurance, Mobility. Class is 60 Minutes long.

KRAV MAGA - Class focusing on realistic street self defense. Class is 60 Minutes long.

OWNERS: Chief Master Michelle Landgren-Lee 8th Degree Black Belt, Mr. Anthony Landgren 5th Degree Black Belt

OPERATIONS: Ms. Patricia Martinez 4th Degree Black Belt

ACADEMY MANAGER: Mr. Robert Villalobos-4th Degree Black Belt

PROGRAM DIRECTOR: Ms. Natalie Saindon 1st Degree Belt, Ms. Anita Rodriguez

CHIEF INSTRUCTOR: Mr. Jordan Peters

ASST INSTRUCTOR: Mr. Le 5th Degree Black Black Belt, Mr. Landgren 5th Degree Black Belt, Mr. Villalobos 4th Degree Black BB