



# ATA Royersford Daily Schedule

33 W. Ridge Pike, Suite 663

Royersford, Pa 19468

(last updated January 2020)

|      | Monday                             | Tuesday                                     | Wednesday                          | Thursday                                       | Friday                                          | Saturday                             |
|------|------------------------------------|---------------------------------------------|------------------------------------|------------------------------------------------|-------------------------------------------------|--------------------------------------|
| 4:30 | 4:30-5:00<br>Leadership            | 4:30-5:00<br>ADVANCED Tigers                | 4:30-5:15 Purple-Red               | 4:30-5:15 White-Green                          | 4:30-5:00<br>BEGINNER Tigers                    | 8:00-9:00 HyperFit                   |
| 4:45 |                                    |                                             |                                    |                                                |                                                 |                                      |
| 5:00 | 5:00-5:45 White-Green              | 5:00-5:30<br>BEGINNER Tigers                | 5:15-5:45<br>BEGINNER Tigers       | 5:15-6:00 R/B &<br>1st Degree Black Belts      | 5:00-5:30<br>ADVANCED Tigers                    | 9:00-9:30<br>BEGINNER Tigers         |
| 5:15 |                                    |                                             |                                    |                                                |                                                 |                                      |
| 5:30 | 5:45-6:30 Purple-Red               | 5:30-6:15 White-Green                       | 5:45-6:15<br>ADVANCED Tigers       | 6:00-6:30<br>ADVANCED Tigers                   | 5:30-6:00<br>Leadership                         | 9:30-10:00<br>ADVANCED Tigers        |
| 5:45 |                                    |                                             |                                    |                                                |                                                 |                                      |
| 6:00 |                                    | 6:15-6:45<br>Leadership                     | 6:15-7:00 R/B &<br>ALL Black Belts | 6:30-7:15 2nd, 3rd<br>& 4th Degree Black Belts | 6:00-6:30 White-Green Forms<br>Performance      | 10:00-10:45 White-Green              |
| 6:15 |                                    |                                             |                                    |                                                |                                                 |                                      |
| 6:30 | 6:30-7:00<br>BEGINNER Tigers       | 6:45-7:30 Purple-Red                        | 7:00-7:45 White-Green              | 7:15-8:00 Purple-Red                           | 6:30-7:00 Purple-Red Forms<br>Performance       | 10:45-11:15<br>Leadership            |
| 6:45 |                                    |                                             |                                    |                                                |                                                 |                                      |
| 7:00 | 7:00-7:45 R/B &<br>ALL Black Belts | 7:30-8:00 Black Belt Weapons<br>Performance | 7:45-8:45 HyperFit                 | 8:00-8:30 Open Mat                             | 7:00-7:30 R/B &<br>Black Belt Forms Performance | 11:15-12:00<br>Purple-Red            |
| 7:15 |                                    |                                             |                                    |                                                |                                                 |                                      |
| 7:30 |                                    |                                             |                                    |                                                | 7:30-8:00 Sparring<br>Strategies                | 12:00-12:45 R/B &<br>ALL Black Belts |
| 7:45 | 7:45-8:45<br>Teens/Adults          |                                             |                                    |                                                |                                                 |                                      |
| 8:00 |                                    |                                             |                                    |                                                |                                                 |                                      |
| 8:15 |                                    |                                             |                                    |                                                |                                                 |                                      |
| 8:30 |                                    |                                             |                                    |                                                |                                                 | 1:15-2:00 Demo Team                  |
|      |                                    |                                             |                                    |                                                |                                                 |                                      |