



CLASS SCHEDULE

SUMMER 2023

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
Lifetime Kids (4-7)*	5:00-5:30pm		5:00-5:30pm			TBD	
Kids (4-7)		5:00-5:30pm		5:00-5:30pm	5:00-5:30pm		
Lifetime Juniors (8-12)*	5:30-6:15pm		5:30-6:15pm			TBD	
Juniors (8-12)		5:30-6:15pm		5:30-6:15pm	5:30-6:15pm		
Teens & Adults		7:00-8:00pm		7:00-8:00pm	5:30-6:15pm		
No-Gi JuJitsu			7:00-8:00pm				
Leadership		6:15-6:45pm		6:15-6:45pm	6:15-6:45pm		
Legacy					6:45-7:30pm		

* Lifetime programs are off-site, at Lifetime Fitness Novi for members of their facility

DEVELOPING HIGH PERFORMING HUMANS

(248) 274-4004
CONTACT@OMEGAATA.COM

46001 GRAND RIVER AVENUE, NOVI, MICHIGAN 48374

OMEGAATA.COM
@OMEGA.MARTIALARTS