

ATA McMurray Martial Arts Academy Class Schedule

EFFECTIVE DATE: 01/27/2025



ATA TIGERS – 4 YEARS OLD THROUGH 7 YEARS OLD
30 MINUTE CLASSES



ATA TIGERS	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
WHITE & NEW STUDENTS	4:45 – 5:15	4:45 – 5:15		5:15 – 5:45	4:15 – 4:45	9:30 – 10:00
ORANGE	4:45 – 5:15	4:45 – 5:15		5:15 – 5:45	4:15 – 4:45	9:30 – 10:00
YELLOW	4:45 – 5:15	4:45 – 5:15		5:15 – 5:45	4:15 – 4:45	9:30 – 10:00
CAMO	4:45 – 5:15			5:15 – 5:45	4:15 – 4:45	9:30 – 10:00
GREEN	4:45 – 5:15			5:15 – 5:45	4:15 – 4:45	9:30 – 10:00
PURPLE	4:45 – 5:15			5:15 – 5:45	4:15 – 4:45	9:30 – 10:00
BLUE	4:45 – 5:15			5:15 – 5:45	4:15 – 4:45	9:30 – 10:00
BROWN	4:45 – 5:15			5:15 – 5:45	4:15 – 4:45	9:30 – 10:00
RED	4:45 – 5:15			5:15 – 5:45	4:15 – 4:45	9:30 – 10:00
SPARRING & COMBAT (ALL RANKS)			5:15 – 5:45			
WEAPONS PROGRAM (ALL RANKS)			4:45 – 5:15			



MARTIAL ARTS KIDS – 7 YEARS OLD THROUGH 13 YEARS OLD
45 MINUTE TRADITIONAL CLASSES | 30 MINUTE OPEN FLOORS, WORKOUT, & WEAPONS

MARTIAL ARTS KIDS	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
WHITE & NEW STUDENTS	5:15 – 6:00	6:45 – 7:30		5:45 – 6:30	4:45 – 5:30	10:30 – 11:00
ORANGE	5:15 – 6:00	6:45 – 7:30		5:45 – 6:30	4:45 – 5:30	10:30 – 11:00
YELLOW	5:15 – 6:00	6:45 – 7:30		5:45 – 6:30	4:45 – 5:30	10:30 – 11:00
CAMO	5:15 – 6:00	6:45 – 7:30		5:45 – 6:30	4:45 – 5:30	10:30 – 11:00
GREEN	5:15 – 6:00	6:45 – 7:30		5:45 – 6:30	4:45 – 5:30	10:30 – 11:00
PURPLE	6:00 – 6:45	5:15 – 6:00		5:45 – 6:30	4:45 – 5:30	10:30 – 11:00
BLUE	6:00 – 6:45	5:15 – 6:00			4:45 – 5:30	10:30 – 11:00
BROWN	6:00 – 6:45	5:15 – 6:00			4:45 – 5:30	10:30 – 11:00
RED & RED/BLACK	6:00 – 6:45	5:15 – 6:00	5:45 – 6:30		4:45 – 5:30	10:30 – 11:00
1 st , 2 nd , & 3 rd Degree Black Belts	7:30 – 8:15		5:45 – 6:30	6:30 – 7:15		11:30 – 12:00
SPARRING & COMBAT (ALL RANKS)		6:00 – 6:45				11:30 – 12:00
WORKOUT TRAINING (ALL RANKS)						10:00 – 10:30
WEAPONS PROGRAM (ALL RANKS)						11:00 – 11:30



TEENS AND ADULTS – 13 YEARS OLD AND UP
45 MINUTE TRADITIONAL CLASSES | 30 MINUTE OPEN FLOORS, WORKOUT, & WEAPONS

TEENS AND ADULTS	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
ALL COLORS (ALL RANKS)	8:15 – 9:00	7:30 – 8:00	7:15 – 8:00	7:15 – 8:00	5:30 – 6:00	10:30 – 11:00
1 st through 6 th Degree Black Belts	8:15 – 9:00	7:30 – 8:00	7:15 – 8:00	7:15 – 8:00	5:30 – 6:00	11:30 – 12:00
SPARRING & COMBAT (ALL RANKS)			8:00 – 8:45			11:30 – 12:00
WORKOUT TRAINING (ALL RANKS)						10:00 – 10:30
WEAPONS PROGRAM (ALL RANKS)						11:00 – 11:30

CLASSES ARE AVAILABLE TO INTRO STUDENTS & MEMBERS OF THE PREMIER PROGRAM
45 MINUTE CLASSES



LEADERSHIP & LEGACY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
LEADERSHIP TRAINING *All Ages & Ranks			6:30 – 7:15			
LEGACY TRAINING *All Ages & Ranks			6:30 – 7:15			



Athlete Development

CLASSES ARE AVAILABLE TO INTRO STUDENTS & MEMBERS OF THE PREMIER PROGRAM
45 MINUTE COMPETITION TRAINING | 30 MINUTE BOARD BREAKING TRAINING

STADTFELD SQUAD ATHLETE DEVELOPMENT	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
BOARD BREAKING & SELF DEFENSE *All Ages & Ranks					5:30 – 6:00	
COMPETITION TRAINING *All Ages & Ranks	6:45 – 7:30					
KUMMOOYEH: SWORD & ARCHERY *Martial Arts Kids & Teens & Adults					6:45 – 7:30	



CLASSES ARE AVAILABLE TO INTRO STUDENTS & MEMBERS OF THE PREMIER PROGRAM
30 MINUTE CLASSES

ATA MAX Xtreme Martial Arts	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
Creative & Xtreme – Forms & Weapons *All Ages & Ranks						12:00 – 12:30
Creative & Xtreme – Tricking & Tumbling *All Ages & Ranks						12:30 – 1:00

DEMO TEAM PRACTICES & STAFF TRAINING

45 MINUTE CLASSES

ATA MCMURRAY DEMO TEAM	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
DEMO TEAM PRACTICES *Current Members & Alternates Only					6:00 – 6:45	
STAFF TRAINING *Current Staff Members Only					6:45 – 7:30	

ADDITIONAL INFORMATION:

- Students stay more motivated when they keep a consistent schedule. Choose 2+ classes weekly & stick to a regular schedule.
- Please bring all required equipment for each class. This includes sparring gear for all Camo belts and above. Names should be put on all equipment to ensure that nothing is lost or misplaced.
- This class schedule is subject to change with or without notice due to class sizes, testings, etc.
- Please see our custom **MyStudio App** for material, memberships, schedule changes, and closures due to testing, tournaments, or holidays.
- Membership payments are non-refundable. Cancellation options are specified in the student's membership agreement. No refunds or pro-rated refunds will be provided due to lack of attendance.