



ATA McMurray Martial Arts Academy

Class Schedule



1007 Waterdam Plaza Dr., McMurray, PA 15317 | 724.942.9522 | www.atamcmurray.com | atamcmurray@gmail.com
 Facebook: www.facebook.com/ATAMcMurray | Instagram: www.instagram.com/ATAMcMurray

ATA Tigers (4-7 Years Old)

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
ATA Tigers (All Ranks)	4:45 – 5:15	4:45 – 5:15	4:45 – 5:15	4:45 – 5:15	6:15 – 6:45	9:30 – 10:00

Youth Martial Arts – “Karate Kids” (7-13 Years Old)

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Youth (White-Orange-Yellow)	5:15 – 6:00	6:00 – 6:45		6:45 – 7:30		*See Below
Youth (Camo-Green-Purple-Blue)	5:15 – 6:00	6:45 – 7:30		5:15 – 6:00	4:45 – 5:30	*See Below
Youth (Brown-Red-R/B)	6:00 – 6:45	5:15 – 6:00			4:45 – 5:30	*See Below
Youth (1 st – 3 rd Deg. Black Belts)	6:45 – 7:30		5:15 – 6:00	6:00 – 6:45		*See Below

Teens & Adults (13 Years Old & Up)

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Teens & Adults (All Ranks)	7:30 – 8:15	7:30 – 8:15	6:00 – 6:45	7:30 – 8:15	5:30 – 6:15	*See Below
Teens & Adults (Sparring, Combat, & BJJ)			6:45 – 7:30			

Additional Specialty Classes

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
*Workout Training (Teens & Adults)						10:00 – 10:45
*Open Floor (Youth, Teens, & Adults)						10:45 – 11:30
*Weapons Training (Youth, Teens, & Adults)						11:30 – 12:15
*Xtreme & Creative (XMA Students)						12:15 – 1:00
*Legacy Training (R/B Collars & Up)			7:30 – 8:15			
*Leadership Class (RWB Collars & Up)			7:30 – 8:15 1st Wed. of Session			
*SWAT Class (Youth, Teens, & Adults)					6:45 – 7:30 1st Fri. of Session	
Private Lessons	Private Lessons are by appointment only					