

Capobianco's ATA Black Belt Academy
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SOUTH BRUNSWICK LOCATION

Email: sb@capobiancosata.com
www.atamartialartsnj.com

EFFECTIVE JAN. 1st, 2023

(PRIVATE LESSONS by appt.)

EAST BRUNSWICK LOCATION SCHEDULE IS IN GREEN

	SUN.	MON.	TUES.	WEDS.	THURS.	FRI.	SAT.
THE YOUNGER SET.....ATA TIGERS/ADVANCED TIGERS							
ATA TIGERS	AGES 3-6 yrs		2 or more Classes/Week				
NEW/WHITE	12:00	4:30/5:45	5:30	5:00	5:00	5:00	10:30
ORANGE & Up	12:00	5:00	6:00	5:30	5:30	5:30	12:30
KARATE for KIDS AGES 7 yrs. & Up							
NEW/WHITE	12:00	5:45	5:30	5:00/6:15	5:00	5:00	10:30/12:30
ORG-YEL	12:00	5:00	6:00	5:30	5:30	5:30	12:30
CAMO/GRN/PUR	11:00	6:15	6:30	6:45	6:00	6:00	FORMS ONE- STEPS WEAPONS /BOARDS 11:45 EB
BLU/BRWN	11:00	6:15	6:30	6:45	6:00	6:00	
RED	11:00	6:15	6:30	6:45	6:00	6:00	
RED/BLK-BLK	11:00	7:00	7:45	8:00	7:15	6:00	
BLACK 2BR-3BD	11:00	7:00	7:45	8:00	7:15	6:00	
TEENS & ADULTS AGES 13 yrs & Up							
ALL RANKS	11:00	7:00	7:45	8:00	7:15	06:00	
WHICH PROGRAMS CAN USE THESE SPECIALTY CLASSES							SPARRING CLASS ***TEAM COMBAT SPARRING Alternates TEAM SPARRING 11:00 EB
TOURNAMENT PREP	_____	_____	_____	_____	_____	6:45	
MASTER CLUB	_____	_____	_____	_____	6:45	6:45	
LEADERSHIP	_____	_____	7:15	7:30	6:45	6:45	
COMPETITION STYLE	_____	_____	_____	_____	6:45	6:45	
TEAM COMBAT/SPARRING	_____	_____	_____	_____	_____	_____	
LEGACY	12:00	5:45	5:30	5:30	6:00	5:00/5:30	

***EB Saturday Class Schedule: All students are invited to attend any of the 45 mins. training classes to improve in those areas.**

PRIVATE LESSONS By appointment Available for Testing/Tournament help!