



Lansing's ATA Martial Arts
Class Schedule
 397 Aviation Blvd, Ste B
 Santa Rosa
 (707) 591-0800
www.LansingsMartialArts.com



Tiny Tigers	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
All Ranks	3:15–3:50	3:15–3:50	3:15–3:50	3:15–3:50		9:55–10:30
All Ranks		3:55–4:30		3:55–4:30		
All Ranks		6:05–6:35		6:05–6:35		

Kids	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
All Ranks Class						10:35–11:15
White – Green Belts	3:55–4:30	5:20–6:00	3:55–4:30	5:20–6:00	4:00–4:30	
White – Green Belts		6:40–7:20		6:40–7:20		
Purple – Red	5:10–5:50		5:10–5:50	4:35–5:15	4:35–5:05	
Black Belts	5:55–6:35		5:55–6:35		5:10–5:55	

Adults & Teens	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
All Ranks Class					6:00–6:35	12:00–1:00
White – Green Belts	7:40–8:30		7:40–8:30			
Purple – Red		7:30–8:10		7:30–8:10		
Black Belts	6:40–7:35		6:40–7:35		5:10–5:55	

Specialty Classes	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Tiny Tiger Leadership						9:15–9:50
Kids Leadership	4:35–5:05	4:40–5:15				
Adult Leadership				8:10–8:50		
Sparring Kids			4:35–5:05			11:15–11:55
Sparring Adults		8:10–8:50			6:40–7:15	

PRIVATE INSTRUCTION AVAILABLE BY APPOINTMENT

Effective Jan. 28, 2013
Class times subject to change

School T-Shirt / Any Martial Art Uniform
 Will Be Allowed On Fridays & Saturdays

All Other Days: **COMPLETE ATA
 UNIFORM REQUIRED**

Hours of Operation

Monday – Friday 2:30pm – 8:00pm

Saturday 10:00am – 1:00 pm

SCHOOL OWNER/CHIEF INSTRUCTOR **PAUL LANSING**
 SENIOR INSTRUCTOR **TRINA KOCH** • PROGRAM DIRECTOR **ANANDA SWEET**