North Hills ATA Martial Arts

(412)931-6060 | 484 Lowries Run Road, Pittsburgh, PA 15237
www.northhillsata.com | info@northhillsata.com

*****EFFECTIVE AUGUST 1, 2021*****

	Monday	Tuesday	Wednesday	Thursday	Friday
ATA TIGERS (Ages 4-6)					
White, Orange Belts	5:15-5:45	5:15-5:45		6:00-6:30	4:45-5:15
Yellow, Camo, Green, Purple, Blue Belts*		6:00-6:30		5:15-5:45	5:30-6:00
KARATE FOR KIDS (Ages 7-12)					
White, Orange, Yellow Belts	4:30-5:10	6:30-7:10	4:30-5:10	6:30-7:10	6:00-6:40
Camo, Green, Purple, Blue Belts*	4:30-5:10	6:30-7:10	4:30-5:10	6:30-7:10	6:00-6:40
Brown, Red, Red/Black Belts*	6:45-7:25	4:30-5:10	5:15-5:55	4:30-5:10	6:45-7:25
1st, 2nd, 3rd Degree Black Belts*	6:45-7:25	4:30-5:10	5:15-5:55	4:30-5:10	6:45-7:25
TEENS & ADULTS (Ages 13 & up)*		7:15-8:00	6:45-7:25	7:15-8:00	7:30-8:00
LEADERSHIP*	6:00-6:40		6:00-6:40		
LEGACY Instructor Training		8:00-8:45		8:00-8:45	
KICKBOXING (Ages 16+)					
Fitness Style Class	7:30-8:15				
Combative Style Class			7:30-8:15		

*ATA Sparring gear is required for ALL students in ALL classes Camo Belts and above