



# CLASS SCHEDULE

**EFFECTIVE DATE: 2/16/2026**



**ATA TIGERS - AGES 3 AND ABOVE.**

**30 MINUTE CLASSES | 30 MINUTE SPARRING CLASSES | 15 MINUTE COMBAT CLASSES**

|                           | MONDAY  | TUESDAY          | WEDNESDAY | THURSDAY          | FRIDAY   | SATURDAY |
|---------------------------|---------|------------------|-----------|-------------------|----------|----------|
| WHITE (LEVELS 1, 2, & 3)  |         | 4:30 PM   6:15PM |           | 3:30 PM   5:30 PM | 4:45 PM  | 9:00 AM  |
| ORANGE (LEVELS 1, 2, & 3) | 5:15 PM |                  | 5:30 PM   | 4:00 PM           | 6:00 PM  | 10:15 AM |
| YELLOW (LEVELS 1, 2, & 3) | 5:15 PM |                  | 5:30 PM   | 4:00 PM           | 6:00 PM  | 10:15 AM |
| CAMO (LEVELS 1, 2, & 3)   | 5:15 PM |                  | 5:30 PM   | 4:00 PM           | 6:00 PM  | 10:15 AM |
| GREEN (LEVELS 1, 2, & 3)  | 5:15 PM |                  | 5:30 PM   | 4:00 PM           | 6:00 PM  | 10:15 AM |
| PURPLE (LEVELS 1, 2, & 3) |         |                  | 6:30 PM   | 6:00 PM           | 5:15 PM  | 10:45 AM |
| BLUE (LEVELS 1 & 2)       |         |                  | 6:30 PM   | 6:00 PM           | 5:15 PM  | 10:45 AM |
| ALL RANKS (AM CLASSES)    |         | 10:30 AM         |           |                   | 10:30 AM |          |
| SPARRING                  |         |                  | 6:00 PM   |                   | 6:30 PM  |          |
| COMBAT                    |         |                  | 6:30 PM   |                   | 7:00 PM  |          |



**TAEKWONDO GENERATION - 1<sup>ST</sup> GRADE AND ABOVE.**

**45 MINUTE CLASSES | 30 MINUTE SPARRING CLASSES | 15 MINUTE COMBAT CLASSES**

|                       | MONDAY  | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY  | SATURDAY |
|-----------------------|---------|---------|-----------|----------|---------|----------|
| WHITE                 |         | 5:30 PM | 4:45 PM   | 6:45 PM  |         | 9:30 AM  |
| ORANGE                |         | 5:30 PM | 4:45 PM   | 6:45 PM  |         | 9:30 AM  |
| YELLOW                |         | 5:30 PM | 4:45 PM   | 6:45 PM  |         | 9:30 AM  |
| CAMO                  |         |         | 4:45 PM   | 6:00 PM  | 5:15 PM | 10:45 AM |
| GREEN                 |         |         | 6:30 PM   | 6:00 PM  | 5:15 PM | 10:45 AM |
| PURPLE                |         |         | 6:30 PM   | 6:00 PM  | 5:15 PM | 10:45 AM |
| BLUE                  |         |         | 6:30 PM   | 6:00 PM  | 5:15 PM | 10:45 AM |
| BROWN                 |         | 6:45 PM | 6:30 PM   |          | 4:45 PM | 11:30 AM |
| RED                   | 5:45 PM | 6:45 PM |           |          | 4:45 PM | 11:30 AM |
| BLACK REC. (1BR)      | 5:45 PM | 6:45 PM |           | 4:45 PM  |         | 11:30 AM |
| BLACK                 | 5:45 PM |         |           | 4:45 PM  | 7:15 PM | 1:00 PM  |
| SPARRING FUNDAMENTALS |         |         | 6:00 PM   |          | 6:30 PM |          |
| INTERMEDIATE SPARRING | 6:30 PM |         |           |          |         |          |
| ADVANCED SPARRING     | 6:30 PM |         |           |          |         |          |
| COMBAT FUNDAMENTALS   |         |         | 6:30 PM   |          | 7:00 PM |          |
| INTERMEDIATE COMBAT   | 7:00 PM |         |           |          |         |          |
| ADVANCED COMBAT       | 7:00 PM |         |           |          |         |          |

### ADDITIONAL INFORMATION:

- All students stay more motivated when they keep a consistent schedule! Try choosing 2-3 classes each week and stick to a regular schedule.
- Please bring all required equipment for each class. This includes sparring gear for ALL Camo belts and above.
- This class schedule is subject to change with or without notice due to class sizes, testings, etc.
- Please see our monthly calendar for any schedule changes or closures due to testing, tournaments or holidays.



**TEENS AND ADULTS - AGES 12 AND ABOVE (11 YEAR OLDS MAY ATTEND TEEN CLASS)**  
**45 MINUTE CLASSES | 30 MINUTE SPARRING CLASSES | 30 MINUTE COMBAT CLASSES**



|                               | MONDAY  | TUESDAY            | WEDNESDAY | THURSDAY | FRIDAY             | SATURDAY |
|-------------------------------|---------|--------------------|-----------|----------|--------------------|----------|
| COLOR BELTS                   | 8:00 PM | 11:00 AM   8:15 PM | 8:30 PM   | 8:30 PM  | 11:00 AM           | 12:15 PM |
| BLACK BELTS                   | 8:00 PM | 11:00 AM   8:15 PM | 8:30 PM   | 8:30 PM  | 11:00 AM   7:15 PM | 1:00 PM  |
| TEEN ONLY (AGES 11-17)        | 4:30 PM | 4:45 PM            | 7:15 PM   |          |                    |          |
| BASIC / INTERMEDIATE SPARRING |         | 7:30 PM            |           |          |                    |          |
| ADVANCED SPARRING             |         |                    |           | 8:00 PM  |                    |          |
| BASIC / INTERMEDIATE COMBAT   |         | 8:00 PM            |           |          |                    |          |
| ADVANCED COMBAT               |         |                    |           | 7:30 PM  |                    | 11:30 AM |



**CLASSES ARE AVAILBLE TO MEMBERS OF THE ATA LEADERSHIP PROGRAM.**  
**30 or 45 MINUTE CLASSES**

|                       | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY  | SATURDAY |
|-----------------------|---------|-----------|----------|---------|----------|
| TAG LEADERSHIP        | 5:00 PM | 7:15 PM   |          |         | 10:15 AM |
| TEEN/ADULT LEADERSHIP |         | 8:00 PM   |          |         |          |
| ATA XTREME & CREATIVE |         |           |          | 6:00 PM | 12:15 PM |

**\*\*STUDENTS MUST MEET CERTAIN CRITERIA / BENCHMARKS IN ORDER TO ATTEND THE COMPETITION ATA XTREME / CREATIVE CLASS. ALL LEADERSHIP STUDENTS ARE WELCOME IN THE INSTRUCTIONAL ATA XTREME / CREATIVE CLASS. '**



**CLASSES ARE AVAILBLE TO MEMBERS OF THE PICKERINGTON POWER ATHLETE DEVELOPMENT PROGRAM.**  
**45 MINUTE CLASSES**

|                  | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY  | SATURDAY |
|------------------|--------|---------|-----------|----------|---------|----------|
| ALL AGES / RANKS |        |         |           |          | 6:30 PM | 1:45 PM  |

**FAMILY CLASSES (FAMILIES ONLY PLEASE): 45 MINUTE CLASSES**

|                  | MONDAY  | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY  | SATURDAY |
|------------------|---------|---------|-----------|----------|---------|----------|
| ALL AGES / RANKS | 7:15 PM | 7:30 PM |           |          | 8:00 PM |          |

**ACADEMY RULES:**

- All children in the lobby (students, siblings, friends, etc.) must be supervised at all times.
- **Parents that do not wait in the building during their child's class are required to come into the lobby or to the front door to pick up their child. We will not allow children to leave the building without a parent or guardian!**
- Students should put shoes / coats / personal belongings in a cubby in the lobby or in their gear bag. Students must remove their shoes prior to entering the training floor.
- Students may bring water in to class with them. We ask that no other drinks are brought on to the mat.
- All students have equipment that looks alike. Names should be put on all equipment to ensure that nothing is lost or misplaced.
- Students are expected to wear their uniform properly to each class. A copy of the ATA Uniform Guidelines are available upon request.
- Membership payments are non-refundable. Any request to cancel a membership will be processed as of the day of the request. No refunds or pro-rated refunds will be provided due to lack of attendance.