

Brandon's ATA Black Belt Academy

702-897-7225

2549 Wigwam Pkwy. Henderson, NV 89074

Adult Taekwondo, Krav Maga, Urban Fitness, Kickboxing/Warrior Xfit Schedule

Morning Classes	<i>Monday</i>	<i>Tuesday</i>	<i>Wednesday</i>	<i>Thursday</i>	<i>Friday</i>
8:00 am	Urban Fitness	Urban Fitness	Urban Fitness	Urban Fitness	Urban Fitness
9:00 am		Taekwondo	Krav Maga	Kickboxing Warrior Xfit	
10:00 am		Kickboxing Warrior Xfit	Taekwondo	Krav Maga	
11:00 am		Krav Maga	Kickboxing Warrior Xfit	Taekwondo	
Evening Classes					
7:30 pm	Taekwondo Krav Maga Kickboxing Warrior Xfit				Taekwondo Krav Maga Kickboxing Warrior Xfit
7:45 pm			Taekwondo Krav Maga Kickboxing Warrior Xfit		

Krav Maga - Israeli Street Self Defense

Urban Fitness - Circuit style training for a full body workout

Taekwondo - Traditional Martial Arts

Kickboxing/Xfit - Martial Arts based strength training & Cardio