



North Hills ATA Martial Arts
(412) 931-6060 | 484 Lowries Run Road, Pittsburgh, PA 15237
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 Effective February 27, 2023



	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
ATA TIGERS (Ages 4-6)						
White & Orange Belts	5:15-5:45	5:15-5:45		6:00-6:30	4:30-5:00	
Yellow through Red Belts*		6:00-6:30		5:15-5:45	5:15-5:45	9:30am-10:00am
KARATE FOR KIDS (Ages 7-12)						
White, Orange, Yellow Belts		6:30-7:10	4:30-5:10		5:45-6:25	10:00am - 10:40am
Camo, Green, Purple, Blue Belts*	4:30-5:10		5:15-5:55	6:30-7:10		10:45am-11:25am
Brown, Red, Red/Black Belts*	6:45-7:25	4:30-5:10		4:30-5:10	7:15-8:00	
1st, 2nd, 3rd Degree Black Belts*		4:30-5:10	6:45-7:25	4:30-5:10		11:30am-12:10pm
TEENS & ADULTS (Ages 13 & up)*		7:15-8:00	7:30-8:15	7:15-8:00		12:15pm-1:00pm
LEADERSHIP*	6:00-6:40		6:00-6:40		6:30-7:10	
LEGACY Instructor Training		8:00-8:45		8:00-8:45		
KICKBOXING (Ages 16+)	7:30-8:15					

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