

KARATE ATLANTA

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Chief Instructor:
Mr. Mark Burns

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Program Director:
Ms. Janice Cho

White Belt Beginners		Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	Tigers Level 1		3:45-4:15		3:45-4:15		9:00-9:30
	Juniors		5:00-5:30		6:45-7:15		9:30-10:00
	Teens & Adults	7:30-8:15	7:30-8:15		7:15-8:00		12:00-12:45

ATA Tigers		Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	Tigers Level 2		4:15-4:45		4:15-4:45		10:00-10:30
	Tigers Level 3			4:00-4:30		4:30-5:00	10:00-10:30

Black Belt Club		Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	Orange-Green Belts	5:30-6:00	6:45-7:30	See Sparring Schedule Below**	4:45-5:30		10:30-11:00
	Purple-Red Belts	4:30-5:00	5:30-6:15		6:00-6:45		10:30-11:00

Leadership Club		Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	Orange-Green Belts	5:30-6:00	6:45-7:30	See Sparring Schedule Below**	4:45-5:30	BOARD BREAKING 5:00-5:30 MUST BRING YOUR OWN RE-BREAKABLE BOARD	10:30-11:00
	Leadership Training*	5:00-5:30	6:15-6:45		5:30-6:00		
Purple-Red Belts	4:30-5:00	5:30-6:15	6:00-6:45		10:30-11:00		

Black Belts		Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	Recommended & 1st Degree Blk Belts	6:00-6:45		5:30-6:15		5:30-6:00	Recommended Black Belts Only
	2nd Degree Blk Belts and Up	6:45-7:30		7:00-7:45			11:30-12:00

Teens & Adults		Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	White-Green Belts	7:30-8:15	7:30-8:15		7:15-8:00		ADULT OPEN TRAINING 12:00-12:45
	Purple-Black Belts	7:30-8:15	7:30-8:15		7:15-8:00		
	Black Belts Only	7:30-8:15	7:30-8:15		7:15-8:00		

Specialty		Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	**Sparring: All Ranks Ages 9 and Under			4:30-5:00			
	**Sparring: All Ranks Ages 10-11			5:00-5:30			
	Fight Club Ages 12 and Up	<i>Sparring Gear Required</i>		7:45-8:30			
	Legacy Training			6:15-7:30		6:00-6:45	
	Combat Fit Teens & Adults Only		8:15-9:15		8:15-9:15		
Ladies Class					11:00-11:45		

*All Leadership Students should attend the Leadership
Class before or after their own rank class.

Effective 01/11/2017

Subject to Change Without Notice