

# KARATE ATLANTA

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Chief Instructor:  
Mr. Henry Rodriguez

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Program Director:  
Ms. Mary Jones

White Belt Beginners		Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	Tigers (4-6)	5:45-6:15	4:00-4:30	5:45-6:15	4:00-4:30		9:00-9:30
	Juniors (6-12)	6:15-6:45	4:30-5:00	6:15-6:45	4:30-5:00		9:00-9:30

Tigers		Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	Orange-Red Belts <i>Weapon Required</i>	4:00-4:30	5:00-5:30	4:00-4:30	5:00-5:30		9:30-10:00

Black Belt Club		Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	Orange-Green Belts <i>Gloves/Boots/Weapon Required</i>	5:00-5:45	5:30-6:15	5:00-5:45	5:30-6:15		10:00-10:30
	Purple-Red Belts <i>Full Gear/Weapon/Board Required</i>	6:45-7:30	6:45-7:30		6:45-7:30	5:15-6:00	10:00-10:30

Leadership Club		Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	Orange-Black Belts <i>Leadership Weapon Required</i>	4:30-5:00	6:15-6:45	4:30-5:00	6:15-6:45	6:00-6:30	

Black Belts		Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	Junior Black Belts	7:30-8:15		6:45-7:30		7:15-8:00	10:30-11:00
	Adult Black Belts	7:30-8:15		6:45-7:30		7:15-8:00	10:30-11:00

Adults		Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	White Belts		7:30-8:15	7:30-8:15		7:15-8:00	10:30-11:00
	Orange-Green Belts <i>Gloves/Boots/Weapon Required</i>		7:30-8:15	7:30-8:15		7:15-8:00	10:30-11:00
	Purple-Red Belts <i>Full Gear/Weapon/Board Required</i>		7:30-8:15	7:30-8:15		7:15-8:00	10:30-11:00

Specialty		Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	
	DEMO TEAM	Demonstration Team					6:30-7:15	
	LEGACY TRAINING	Legacy Instructional Training			7:30-8:15			11:00-12:00
	SPARRING CLASS					4:30-5:15		