



KENNESAW

FB: CM Arcemont KarateAtlanta

www.ataatlanta.com

770.427.8400

Day Classes	Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<i>Krav Maga/Nogi BJJ</i>	1 hour		11:00		11:00		
<i>All Ranks Adult Taekwondo</i>	1 hour		12:00		12:00		
White Belt Classes	Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<i>ATA Tiger White Belts</i>	30 min.	4:00	4:00			4:30	9:30
<i>Jr. White Belts</i>	30 min.		5:30		5:30	5:00	10:30
BBC/Taekwondo Classes	Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<i>Tigers Orange - Red</i>	30 min.	4:30			4:00	4:00	10:00
<i>Jr. Orange - Green Belts</i>	45 min.	5:00	4:45	6:15			11:00
<i>Jr. Purple - Red Belts</i>	45 min.	6:15		5:00	4:45		11:00
<i>Jr. Recommended & Black Belts</i>	1hr15min	7:00		7:00		5:30	11:00
<i>All Ranks Adult Taekwondo</i>	1hr15min		7:00		7:00	6:45	12:00
Speciality Classes	Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<i>Leadership - All Ranks</i>	30 min	5:45		5:45			1:00
<i>Legacy/C.I.T.</i>	1 hour		6:00		6:00		
<i>Krav Maga</i>	1 hour	8:30	8:30	8:30	8:30		
Brazilian Jiu Jitsu	Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<i>Jr. Beginner BJJ</i>	45 min.	6:15		5:15		6:15	Friday BJJ is 1 hour NOGI
<i>Jr. Advanced BJJ</i>	1 hour	5:15		5:15		5:15	
<i>BJJ Tournament Class</i>	45 min.			6:15			
			1.5 hours				
<i>Ad. Brazilian Jiu Jitsu</i>	1 hour	7:30	8:00	7:30	8:30		

Effective Date: Saturday, July 1, 2017

****Saturday Classes in BLUE are ONE hour****