

KARATE ATLANTA

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Chief Instructor:
Mr. Miguel Roman

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8465 Holcomb Bridge Rd
Alpharetta, GA 30022

Program Director:
Mrs. Jessi Roman

White Belt Beginners		Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	Cubs 2 1/2-4		4:00-4:30		4:00-4:30		
	Tigers 4-6	4:00-4:30		5:00-5:30		6:00-6:30	9:00-9:30
	Juniors 6-12	6:30-7:00		5:30-6:00		6:30-7:00	9:00-9:30

Tiny Tigers		Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	Black Belt Club		4:30-5:00	4:30-5:00		5:30-6:00	9:30-10:00
	Leadership Club		4:30-5:00	4:30-5:00		5:30-6:00	9:30-10:00

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

Leadership Club		Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	Orange-Green Belts	4:30-5:15	6:15-7:00	6:00-6:30	4:30-5:15		10:00-10:30
	Purple-Red Belts	5:45-6:30	5:00-5:45		6:30-7:15	4:30-5:00	10:00-10:30

Black Belts		Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	Jr 12 and Under All Black Belt	7:00-7:45		7:00-7:45	6:00-6:30	7:30-8:15	11:15-12:00
	Teen/Adult All Black Belts	7:00-7:45	7:00-8:00	7:00-7:45	7:15-8:15	7:30-8:15	11:15-12:00

All Ranks Teens/Adults		Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		7:45-8:30	7:00-8:00		7:15-8:15	7:30-8:15	11:15-12:00

Specialty Classes		Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	Leadership	5:15-5:45	5:45-6:15			5:00-5:30	
	Legacy			6:30-7:00		7:00-7:30	
	Demo Team/Competition Training				5:15-6:00		10:30-11:15