

KARATE ATLANTA

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Chief Instructor:
Mr. Chad Hill

Program Director:
Mrs. Bonnie Rhodes

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

Tiny Tigers		Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	Black Belt Club	5:45-6:15	4:00-4:30	5:00-5:30	3:45-4:15		9:30-10:00
	Leadership Club	5:45-6:15	4:00-4:30	5:00-5:45	3:45-4:15		9:30-10:00

Black Belt Club		Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	Orange-Green Belts	7:00-7:45	4:30-5:15	7:00-7:45	5:00-5:45		10:30-11:15
	Purple-Red Belts	6:15-7:00	5:45-6:30	5:45-6:30	6:15-7:00	4:00-4:45	11:15-12:00

Leadership Club		Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	Orange-Green Belts	7:00-7:45	4:30-5:15	7:00-7:45	5:00-5:45		10:30-11:15
	Purple-Red Belts	6:15-7:00	5:45-6:30	5:45-6:30	6:15-7:00	4:00-4:45	11:15-12:00

Black Belts		Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	Recommended First Degrees	4:30-5:15			4:15-5:00	5:45-6:30	12:00-12:45
	First Degrees	4:30-5:15	6:30-7:15		7:00-7:45	5:45-6:30	12:00-12:45
	Second-Third Degrees	4:30-5:15			7:00-7:45	5:45-6:30	12:00-12:45

Adults		Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	All Ranks Teens and Adults	7:45-8:30	7:45-8:45	7:45-8:30	7:45-8:45		12:45-1:30

Specialty Programs		Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	Leadership Class		5:15-5:45	6:30-7:00	5:45-6:15		10:00-10:30
	Legacy Class		7:15-7:45			7:00-7:30	12:00-12:45
	Competition Class					6:30-7:00	