

# KARATE ATLANTA

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Chief Instructor:  
Master Kevin Mende

Program Director:  
Mr. Gerald Sonnichsen

White Belt Beginners		Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	ATA Tigers		4:30-5:00		4:30-5:00		9:00-9:30
	Juniors	5:30-6:00		6:00-6:30		6:00-6:30	9:30-10:00

ATA Tigers		Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	Level 1		4:30-5:00		4:30-5:00		9:00-9:30
	Level 2	5:00-5:30		5:30-6:00			9:00-9:30

Black Belt Club		Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	Orange-Green Belts	6:00-6:45	6:15-7:00		5:00-5:45	5:30-6:00	10:00-10:45
	Purple-Red Belts	7:15-8:00	5:00-5:45		6:15-7:00		10:00-10:45

Leadership Club		Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	Orange-Green Belts	6:00-6:45	6:15-7:00		5:00-5:45	5:30-6:00	10:00-10:45
	Purple-Red Belts	7:15-8:00	5:00-5:45		6:15-7:00		10:00-10:45

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

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
All Adults	8:00-8:45	7:45-8:30	6:30-7:15			10:45-11:30

Specialty Classes		Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	Leadership Training	6:45-7:15	5:45-6:15		5:45-6:15		
	Combat Sparring					7:00-7:30	
	Legacy		7:00-7:45		7:00-7:45		
	XMA/Demo					6:30-7:00	