

KARATE ATLANTA

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Chief Instructor:
Mr. Joshua Morris

Program Director:
Ms. Christina Hunter

White Belt Beginners		Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	Tigers		4:00-4:30		5:15-5:45	4:30-5:00	9:45-10:15
	Juniors	6:00-6:30		5:00-5:30	6:15-6:45		9:45-10:15

Tigers		Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	Orange-Black Belts		4:30-5:00		5:45-6:15	4:00-4:30	10:15-10:45

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

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

Black Belts		Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	Junior Black Belts		7:00-7:45	4:15-5:00	6:45-7:30	5:30-6:00 6:45-7:30	10:45-11:30 9:00-9:45
	Adult Black Belts	7:30-8:15	7:00-7:45	7:30-8:15	7:30-8:15		9:00-9:45

Adults		Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	All Ranks	7:30-8:15		7:30-8:15	7:30-8:15	6:45-7:30	9:00-9:45

Leadership Specialty		Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	Competition			5:30-6:15		6:45-7:30	11:30-12:15
	Kickboxing		7:45-8:15		8:15-8:45		
	XMA			5:30-6:15		6:45-7:30	
	Leadership*	4:45-5:15	5:45-6:15	6:15-6:45	4:45-5:15		
	Legacy	6:30-7:30					12:15-1:15
JiuJitsu/Combat					6:00-6:45	11:30-12:15	

*All Leadership Students should attend the Leadership Class before or After their Core Class