

KARATE ATLANTA

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Chief Instructor:
Mr. Josiah Hunt

Program Director:
Mrs. Amanda Diore

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

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

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

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

Black Belts		Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	All Black Belts	7:30-8:15	6:30-7:15		4:45-5:30		12:00-12:30

Adults		Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	All Teens & Adults		7:15-8:00	7:30-8:15	7:15-8:00	7:15-8:00	12:00-12:30
	Adult Leadership				8:00-8:30		

Leadership Specialty		Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	XMA					5:45-6:30	
	Demo Team					5:45-6:30	
	Sparring						11:00-11:30
	LEGACY					6:30-7:15	12:30-1:15