

KARATE ATLANTA

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Chief Instructor:
Ms. Gabrielle Caster

Program Director:
Ms. Maddie Haskins

| White Belt Beginners | | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
|-------------------------|--------------|-----------|---------|-----------|-----------|-----------|------------|
| | Tigers (4-6) | 4:30-5:00 | | | 6:15-6:45 | | 5:15-5:45 |
| Juniors (6-12) | 5:00-5:30 | | | 6:45-7:15 | | 5:45-6:15 | 9:30-10:00 |

| Tigers | | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
|--------|--|-----------|---------|-----------|-----------|--------|-----------|
| | Orange-Red Belts <i>Weapon Required</i> | 5:30-6:00 | | | 5:15-5:45 | | 6:15-6:45 |

| Black Belt Club | | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
|---|---|-----------|-----------|-----------|-----------|--------|-------------|
| | Orange-Green Belts <i>Gloves/Boots/Weapon Required</i> | 6:00-6:45 | 5:00-5:45 | 5:45-6:15 | 5:45-6:30 | | |
| Purple-Red Belts <i>Full Gear/Weapon/ Required</i> | 7:15-8:00 | 6:15-7:00 | | 4:30-5:15 | 4:30-5:15 | | 11:00-11:30 |

| Leadership Club | | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
|--|---|-----------|-----------|-----------|-----------|--------|-------------|
| | Orange-Green Belts <i>Gloves/Boots/Weapon Required</i> | 6:00-6:45 | 5:00-5:45 | 5:45-6:15 | 5:45-6:30 | | |
| Purple-Red Belts <i>Full Gear/Weapon/Required</i> | 7:15-8:00 | 6:15-7:00 | | 4:30-5:15 | 4:30-5:15 | | 11:00-11:30 |

| Black Belts | | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
|--|---|--------|-----------|-----------|-----------|--------|-----------|
| | Junior Black Belts <i>Includes Rec Black Belts</i> | | | 7:00-7:45 | 4:45-5:15 | | 4:30-5:15 |
| Adult Black Belts <i>Includes Rec Black Belts</i> | | | 7:45-8:30 | 7:15-8:00 | 7:15-8:00 | | |

| Adults | | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
|--------|--------------------|--------|---------|-----------|-----------|-----------|----------|
| | All Teens & Adults | | | 7:45-8:30 | 7:15-8:00 | 7:15-8:00 | |

| Specialty Classes | | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
|-------------------|----------------|-----------|-----------|-----------|-----------|--------|-------------|
| | XMA/Leadership | 6:45-7:15 | 5:45-6:15 | | 5:15-5:45 | | |
| | Legacy Class | | | | 6:30-7:15 | | 11:30-12:00 |
| Fit Class | | | | | 6:45-7:15 | | |