

KARATE ATLANTA

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Chief Instructor:
Mr. John-Michael Dietz

Program Director:
Ms. Lorin Baker

White Belt Beginners		Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	ATA Tiny Tigers (Ages 3-6)		5:30-6:00		4:30-5:00		9:30-10:00
	Juniors (Ages 6-12)	5:00-5:30		5:30-6:00		5:30-6:00	9:30-10:00
	Teens & Adults (Ages 13 & Older)	7:30-8:15		6:30-7:30	7:00-7:45		

ATA Tiny Tigers		Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	BBC Tigers Orange Belts & Up	4:30-5:00		5:30-6:00			4:00-4:30

Junior Black Belt Club		Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	Orange-Green Belts CORE Training	5:30-6:15	7:15-8:00		5:00-5:45	4:30-5:00	10:30-11:15
	Purple-Red Belts CORE Training	6:45-7:30	6:00-6:45		6:15-7:00		11:15-12:00

Junior Leadership Club		Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	Orange-Green Belts CORE Training	5:30-6:15	7:15-8:00		5:00-5:45	4:30-5:00	10:30-11:15
	Leadership Specialty	6:15-6:45	6:45-7:15		5:45-6:15		
Purple-Red Belts CORE Training	6:45-7:30	6:00-6:45		6:15-7:00		11:15-12:00	

Black Belts		Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	Junior Black Belts	6:45-7:30	6:00-6:45	4:30-5:30 (Black Belts Only)	6:15-7:00	5:00-5:30 (Black Belts Only)	12:00-12:45 (Black Belts Only)
Teen & Adult Black Belts	7:30-8:15		6:30-7:30	7:00-7:45			

Teens & Adults		Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	White-Black Belts	7:30-8:15			6:30-7:30	7:00-7:45	

Specialty Training Classes		Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	
	ATA Fit Class					6:00-6:45		
	Friday Night Fight Club Sparring Class			<i>Full Sparring Gear Required</i>			6:45-7:00	
	ATA LEGACY Training Program		5:00-5:30			5:00-5:30		
	Private Lessons \$30 for 30 min Discount Cards Available	3:30-4:00	3:30-4:00	3:30-4:00	3:30-4:00	3:30-4:00	3:30-4:00	9:00-9:30
4:00-4:30		4:00-4:30	4:00-4:30	4:00-4:30	4:00-4:30	4:00-4:30		