

# KARATE ATLANTA

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Milton Super Target  
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Email:  
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Chief Instructor:  
Mr. Jimmy Bell

Program Director:  
Mr. Michael Gallagher

| White Belt<br>Beginners |              | Monday    | Tuesday   | Wednesday | Thursday  | Friday    | Saturday   |
|-------------------------|--------------|-----------|-----------|-----------|-----------|-----------|------------|
|                         | Tiny Tigers  |           | 5:00-5:30 |           | 4:30-5:00 |           | 9:30-10:00 |
|                         | Juniors      | 5:15-5:45 |           | 6:00-6:30 |           | 6:00-6:30 | 9:30-10:00 |
|                         | Teens/Adults | 7:45-8:30 | 7:45-8:30 | 7:45-8:30 | 7:45-8:30 |           |            |

| Tiny<br>Tigers |                        | Monday | Tuesday   | Wednesday | Thursday  | Friday | Saturday  |
|----------------|------------------------|--------|-----------|-----------|-----------|--------|-----------|
|                | Tigers Black Belt Club |        | 4:30-5:00 | 6:30-7:00 | 4:00-4:30 |        | 9:00-9:30 |
|                | Tigers Leadership Club |        | 4:00-4:30 | 6:30-7:00 | 5:00-5:30 |        | 9:00-9:30 |

| Black Belt Club |                    | Monday    | Tuesday   | Wednesday | Thursday  | Friday    | Saturday    |
|-----------------|--------------------|-----------|-----------|-----------|-----------|-----------|-------------|
|                 | Orange-Green Belts | 4:00-4:45 | 3:30-4:00 | 5:15-6:00 | 6:15-6:45 | 4:00-4:45 | 10:00-10:30 |
|                 |                    |           | 7:00-7:45 |           |           |           |             |
|                 | Purple-Red Belts   | 5:45-6:30 | 6:15-7:00 | 4:00-4:45 | 3:30-4:00 | 5:15-6:00 | 10:30-11:00 |
| 7:15-7:45       |                    |           |           |           |           |           |             |

| Leadership Club |                    | Monday    | Tuesday   | Wednesday | Thursday  | Friday    | Saturday    |
|-----------------|--------------------|-----------|-----------|-----------|-----------|-----------|-------------|
|                 | Orange-Green Belts | 4:00-4:45 | 3:30-4:00 | 5:15-6:00 | 6:15-6:45 | 4:00-4:45 | 10:00-10:30 |
|                 |                    |           | 7:00-7:45 |           |           |           |             |
|                 | Purple-Red Belts   | 5:45-6:30 | 6:15-7:00 | 4:00-4:45 | 3:30-4:00 | 5:15-6:00 | 10:30-11:00 |
| 7:15-7:45       |                    |           |           |           |           |           |             |

| Black Belts |                                      | Monday    | Tuesday   | Wednesday | Thursday  | Friday    | Saturday    |
|-------------|--------------------------------------|-----------|-----------|-----------|-----------|-----------|-------------|
|             | Recommended & 1st Degree Black Belts | 7:00-7:45 | 5:30-6:15 | 7:00-7:45 | 5:00-5:45 | 6:30-7:15 | 11:00-11:30 |
|             | 2nd-3rd Degree Black Belts           | 7:00-7:45 | 5:30-6:15 | 7:45-8:30 | 5:00-5:45 | 6:30-7:15 | 11:00-11:30 |

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

| Specialty Training |                      | Monday    | Tuesday   | Wednesday | Thursday  | Friday      | Saturday    |
|--------------------|----------------------|-----------|-----------|-----------|-----------|-------------|-------------|
|                    | Leadership Specialty | 4:45-5:15 |           | 4:45-5:15 | 5:45-6:15 | 4:45-5:15   |             |
|                    |                      | 6:30-7:00 |           |           | 6:45-7:15 |             |             |
|                    | Legacy Training      |           | 7:00-7:45 |           | 7:15-7:45 |             |             |
|                    | Competition Team     |           |           |           |           |             | 12:00-12:30 |
| Demo Team          |                      |           |           |           |           | 11:30-12:00 |             |