

# KARATE ATLANTA

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Roswell Corners Shopping  
Center (Super Target)  
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Email:  
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Chief Instructor:  
Mr. Brian Poole

Program Director:  
Mrs. Sharon Jones

White Belt Beginners		Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	Tigers	4:00-4:30		5:00-5:30			9:00-9:30
	Juniors	6:00-6:45		4:15-5:00		5:30-6:15	10:10-10:50

Tigers		Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	LVL 1: Orange Belts	4:00-4:30		5:00-5:30			<b>All Tigers</b> 9:00-9:30
	LVL 2&3: Yellow-Black Belts		4:00-4:30	5:30-6:00	4:00-4:30		

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

Leadership Club		Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	Orange-Yellow Belts	4:30-5:15		6:00-6:45		5:30-6:15	Saturday Sparring*
	Camo-Green Belts		5:15-6:00		4:30-5:15	4:45-5:30	
	Purple-Red Belts	5:15-6:00	6:45-7:30		6:00-6:45	4:45-5:30	

Black Belts		Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	All Junior Black Belts	6:45-7:30	4:30-5:15		6:45-7:30		Saturday Sparring*
	Adult 1st-3rd Degree Black Belts	7:30-8:30		7:30-8:30			12:15-1:00

Adults		Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	White-Red Belts		7:30-8:30		7:30-8:30		12:15-1:00

Leadership Specialty		Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	Leadership XMA White-Red Belts		6:00-6:45		5:15-6:00		
	All Ad & Jr Black Belt XMA					6:15-7:00 2nd & 4th Fridays	11:30-12:15
	Tournament Class					6:15-7:00 2nd & 4th Fridays	11:30-12:15

Legacy	Legacy Class			6:45-7:30		7:00-7:45	
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Effective 10/17/2016  
Subject to Change Without Notice

<b>*Saturday Sparring Schedule</b> <i>Gear Required</i>	Ages 5-8	Ages 9-12
	9:30-10:10	10:50-11:30