

# KARATE ATLANTA

Phone:  
678-714-0000

Main Street Commons  
Shopping Center (by IHOP)

Email:  
suwanee@karateatlanta.com

Chief Instructor:  
Mr. Jason Lower

3463A L'ville Suwanee Rd  
Suwanee, GA 30024

Program Director:  
Mrs. Sharon Boothe

White Belt Beginners		Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	Tiny Tigers	4:00—4:30		5:00—5:30		4:00—4:30	10:00—10:30
	Juniors	6:30—7:00		5:30—6:00	4:00—4:30		10:30—11:00
	Teens/Adults	7:45—8:30		7:15—8:00			10:30—11:00

Tiny Tigers		Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	Level 1 Tigers	4:00—4:30		5:00—5:30		4:00—4:30	10:00—10:30
	BBC/Leadership		4:00—4:30	4:00—4:30	5:45—6:15		9:30—10:00

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

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

Black Belts		Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	Jr Recommended		6:30—7:15	4:30—5:00	7:00—7:45		11:30— 12:00
	Jr 1st-3rd Degrees	4:30—5:15	6:30—7:15		7:00—7:45	5:15—6:00	12:00—12:45
	All Teen/Adult	7:00— 7:45	7:45—8:30	8:00—8:45	8:15—9:00		12:00—12:45

Teens/Adults		Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	Orange-Green Belt Teens and Adults	7:45—8:30	7:45—8:30	7:15—8:00	8:15—9:00		12:00—12:45
	Purple-Red Belt Teens and Adults	7:45—8:30	7:45—8:30	7:15—8:00	8:15—9:00		12:00—12:45

Specialty		Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	Leadership Class (including XMA)	5:15—5:45	4:30—5:00	6:45—7:15	5:15—5:45		
	Legacy Class		7:15—7:45		7:45-8:15		
	Demo Team					*	*
	Competition Team					6:45-7:15	
	Family Class					7:15—7:45	