

KARATE ATLANTA

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Chief Instructor:
Ms. Gabrielle Caster

Assistant Instructor:
Mr. Ryan Dempsey

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		6:45-7:15
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