

KARATE ATLANTA

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Chief Instructor:
Mr. Elijah Kafer

Dacula, GA 30019

Program Director:
Mrs. Ronny Leopold

White Belt Beginners		Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	Tigers	5:45-6:15		4:45-5:15		5:30-6:00	9:30-10:00
	Juniors	6:15-6:45		4:15-4:45		6:00-6:30	10:00-10:30
	Teens & Adults	8:00-8:45	8:00-8:45	8:00-8:45	8:00-8:45		

ATA Tigers		Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	Beginner Tigers	5:45-6:15		4:45-5:15		5:30-6:00	9:30-10:00
Advanced Tigers		6:00-6:30		4:00-4:30	6:30-7:00	9:00-9:30	

Black Belt Club		Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	Orange-Green Belts	5:00-5:45	4:00-4:45	3:45-4:15 6:00-6:45	4:30-5:15		10:30-11:00
Purple-Red Belts	4:15-5:00	5:15-6:00	5:15-6:00	5:45-6:30		11:30-12:00	

Leadership Club		Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	Orange-Green Belts	5:00-5:45	4:00-4:45	3:45-4:15 6:00-6:45	4:30-5:15		10:30-11:00
	Leadership Training	6:45-7:15	4:45-5:15	6:45-7:15	5:15-5:45		11:00-11:30
Purple-Red Belts	4:15-5:00	5:15-6:00	5:15-6:00	5:45-6:30		11:30-12:00	

Black Belts		Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	Recommended Black Belts	7:15-8:00		7:15-8:00		4:45-5:30	**
	Junior 1-3 Degree Black Belts		7:15-8:00	7:15-8:00	7:15-8:00		**
Adult 1-3 Degree Black Belts	8:00-8:45	7:15-8:00	7:15-8:00 8:00-8:45	7:15-8:00		**	

Teens & Adults		Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	Orange-Green	8:00-8:45	8:00-8:45	8:00-8:45	8:00-8:45		
Purple-Red	8:00-8:45	8:00-8:45	8:00-8:45	8:00-8:45			

Specialty Classes		Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	Legacy Training		6:30-7:15		6:30-7:15		**
	Competition Sparring/Combat					6:30-7:15	
	Competition Forms/Weapons					7:15-8:00	
	XMA						12:00-12:30
	Demo Team						*Check Calendar
XMA/Creative					6:00-6:30		

*Check calendar for demo practice schedule

**Legacy/Black Belt conditioning is outdoors and depends on seasonal weather