

KARATE ATLANTA

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Chief Instructor:
Master Aaron Lee

Program Director:
Mr. Kevin Michi

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

Tigers		Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	Orange-Black Belts		4:30-5:00		5:45-6:15	4:00-4:30	10:15-10:45

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

Leadership Club		Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	Leadership* Training	4:45-5:15	5:45-6:15	6:15-6:45			

Black Belts		Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	Junior Black Belts		7:00-7:45	4:15-5:00	6:45-7:30	5:30-6:00 6:45-7:30	10:45-11:30 9:00-9:45
	Adult Black Belts	7:30-8:15	7:00-7:45	7:30-8:15	7:30-8:15		9:00-9:45

Adults		Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	All Ranks	7:30-8:15		7:30-8:15	7:30-8:15		9:00-9:45

Leadership Specialty		Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	Competition				4:30-5:15	6:45-7:30	11:45-12:30
	Kickboxing				8:15-8:45		
	XMA					6:45-7:30	
	Legacy		7:45-8:30		4:00-4:30		12:30-1:15
	Kids BJJ					6:00-6:45	11:45-12:30
	Adult JiuJitsu/ Combat	6:30-7:30				7:30-8:15	

***All Leadership Students should attend the Leadership Class before or After their Core Class**