



# KENNESAW

FB: CM Arcemont KarateAtlanta

[www.ataatlanta.com](http://www.ataatlanta.com)

770.427.8400

Program Director: Amanda Diore

<b>DAY CLASSES</b>	Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<i>All Ranks Adult Taekwondo</i>	1 hour		12:00		12:00		
<b>WHITE BELT CLASSES</b>	Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<i>ATA Tiger White Belts</i>	30 min.	4:00		5:00		4:30	9:00
<i>Junior White Belts</i>	30 min.	5:45	5:00		5:45		10:00
<b>COLOR BELT CLASSES</b>	Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<i>Tiger Orange Belts</i>	30 min.	4:30	4:00			5:00	9:30
<i>Tigers Yellow-Red Belts</i>	30 min.		4:30	4:30	4:30		9:30
<i>Jr. Orange - Green Belts</i>	45 min.	5:00		6:45	5:00		10:30
<i>Jr. Purple - Black Belts</i>	45 min.	6:45	5:30	5:30			10:30
<i>Adult White-Red Belts</i>	1 hour		7:15		7:15	6:00	11:15
<i>Jr. &amp; Ad. Black Belts</i>	1 hour	7:30		7:30		7:00	11:15
<b>SPECIALTY CLASSES</b>	Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<i>Leadership - All Ranks</i>	30 min	6:15		6:15		5:30	
<i>Legacy/C.I.T.</i>	1 hour		6:15		6:15		
<i>Krav Maga</i>	1 hour	8:30	8:30	8:30	8:30		
<b>BRAZILIAN JIU JITSU</b>	Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<i>Junior Gi BJJ</i>	1 hour	5:15		5:15			
<i>BJJ Tournament Class</i>	45 min.			6:15			
<i>Junior BJJ - Nogi</i>	1 hour					5:15	
<i>Teens BJJ - Nogi</i>	1 hour					6:15	
<i>Ad. Brazilian Jiu Jitsu</i>	1 hour	7:30	7:30	7:30			
<i>Open Mat (Students Only)</i>	1 hour	8:30	8:30	8:30			

**NEW SCHEDULE WILL START JANUARY 2ND 2019!**