

KARATE ATLANTA

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Chief Instructor:
Mr. Maxwell Van Eck

Program Director:
Ms. Patrice Elie

		Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
White Belt Beginners	Tigers	6:00-6:30		4:30-5:00		5:45-6:15	9:30-10:00
	Juniors	6:30-7:00		4:00-4:30		6:15-6:45	9:30-10:00
	Teens & Adults	7:30-8:15	7:15-8:15		7:15-8:15		

		Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
ATA Tigers	Color Belt Tigers	4:45-5:15	5:15-5:45		4:00-4:30	Tigers Sparring 4:30-5:00	9:00-9:30

		Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Core Curriculum	Orange-Green Belts	5:15-6:00	4:00-4:45	6:30-7:15		Sparring Class 5:00-5:45	10:00-10:30
	Purple-Red Belts	4:00-4:45		5:00-5:45	5:45-6:30		10:30-11:00

		Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Leadership Club	Leadership Training	7:00-7:30	4:45-5:15	5:45-6:30	5:15-5:45		

		Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Black Belts	Black Belts		6:30-7:15	Fight Club 7:15-8:15	4:30-5:15	Sparring 5:00-5:45	11:00-12:00

		Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Teens & Adults	All Ranks Teens & Adults	7:30-8:15	7:15-8:15	Fight Club 7:15-8:15	7:15-8:15		

		Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Specialty Classes	Legacy Training		5:45-6:30		6:30-7:15		
	Competition Training						12:00-12:30
	XMA					6:45-7:30	
	Fight Club-Juniors (10+)			7:15-8:00			
	Sparring Class					5:00-5:45	