

# KARATE ATLANTA

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Chief Instructor:  
Master Aaron Lee

Program Director:  
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| White Belt<br>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 | 6:45-7:15 |           | 9:45-10:15 |

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

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

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

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

| Adults |           | Monday    | Tuesday   | Wednesday | Thursday  | Friday | Saturday |
|--------|-----------|-----------|-----------|-----------|-----------|--------|----------|
|        | All Ranks | 7:30-8:15 | 7:30-8:15 | 7:30-8:15 | 7:15-8:15 |        |          |

| Leadership<br>Specialty |             | Monday | Tuesday | Wednesday | Thursday  | Friday      | Saturday    |
|-------------------------|-------------|--------|---------|-----------|-----------|-------------|-------------|
|                         | Competition |        |         |           | 4:30-5:15 | 6:45-7:30   | 11:45-12:30 |
|                         | Kickboxing  |        |         |           |           |             |             |
|                         | XMA         |        |         |           |           |             | 12:30-1:15  |
|                         | Legacy      |        |         |           | 4:00-4:30 | 6:00-6:45   | 9:00-9:45   |
| BJJ All Ages            | 6:30-7:30   |        |         |           | 6:45-7:30 | 11:45-12:30 |             |

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