

KARATE ATLANTA

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Chief Instructor:
Ms. Gabrielle Caster

Program Director:
Mr. Tyler Reed

White Belt Beginners		Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	Tigers (4-6)	4:30-5:00			6:15-6:45		5:15-5:45
Juniors (6-12)	5:00-5:30			6:45-7:15		5:45-6:15	9:30-10:00

Tigers		Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	Orange-Red Belts <i>Weapon Required</i>	5:30-6:00			5:15-5:45	4:30-5:00	6:15-6:45

Black Belt Club		Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	Orange-Green Belts <i>Gloves/Boots/Weapon Required</i>	6:00-6:45	4:30-5:15	5:45-6:15	6:15-7:00	4:30-5:15	10:30-11:00
Purple-Red Belts <i>Full Gear/Weapon/Required</i>	7:15-8:00	5:45-6:30		5:00-5:45	6:45-7:15	11:00-11:30	

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

Black Belts		Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	Junior Black Belts <i>Includes Rec Black Belts</i>			6:30-7:15	4:30-5:15	7:00-7:45	
Adult Black Belts <i>Includes Rec Black Belts</i>			7:15-8:00	7:15-8:00	7:00-7:45		12:00-12:30

Adults		Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	All Teens & Adults			7:15-8:00	7:15-8:00	7:00-7:45	

Specialty Classes		Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	Legacy Class						