

# KARATE ATLANTA

Phone:  
678-714-0000

Main Street Commons  
Shopping Center (by IHOP)  
3463A L'ville Suwanee Rd  
Suwanee, GA 30024

Email:  
suwanee@karateatlanta.com

Chief Instructor:  
Mr. Jason Lower

Program Director:  
Mrs. Sharon Boothe

White Belt		Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	Tigers (4-6 yr old)	6:00—6:30		5:00—5:30			10:00—10:30
	Juniors (6-12 yr old)	6:30—7:00		5:30—6:00			10:00—10:30
	Teens/Adults (13+)	7:45—8:30		7:15—8:00			10:00—10:30

Tigers		Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	Intermediate Tigers			4:00—4:30	4:00—4:30	5:30—6:00	9:30—10:00
	Advance Tigers (Sparring)		4:00—4:30	4:30—5:00		6:00—6:30	9:30—10:00

Juniors		Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	Orange-Green Belts		3:30—4:00 5:00—5:45	6:00—6:45	5:45—6:30	4:00—4:45	10:30—11:15
	Purple-Red Belts	5:15—6:00	5:45—6:30		4:30—5:15	4:45—5:30	11:15—12:00

Black Belts		Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	Jr Recommended	4:00—4:45	6:30—7:15		7:00—7:45		12:00—1:00
	Jr 1st-3rd Degrees	4:00—4:45	6:30—7:15		7:00—7:45		12:00—1:00
All Teen/Adult	7:00—7:45	7:45—8:45	8:00—8:45	7:45—8:45		12:00—1:00	

Teens/Adults		Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	Orange-Green Belt Teens and Adults	7:45—8:30	7:45—8:45	7:15—8:00	7:45—8:45		10:30—11:15
	Purple-Red Belt Teens and Adults	7:45—8:30	7:45—8:45	7:15—8:00	7:45—8:45		11:15—12:00

Specialty		Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	Leadership Class (including XMA)	4:45—5:15	4:30—5:00	6:45—7:15	5:15—5:45		
	Legacy Class		7:15—7:45		6:30—7:00		
	Demo Team					*	*
Comp / Sparring Class					6:30—7:30		