

KARATE ATLANTA

Roswell Corners Shopping Center

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Email:
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Chief Instructor:
Mr. Brian Poole

Program Director:
Mrs. Sharon Jones

White Belt Beginners		Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	Tigers		4:00-4:30			5:00-5:30	9:20-10:00
	Juniors	5:15-6:00		4:00-4:45		6:15-7:00	9:20-10:00

Tigers		Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	LVL 2: Tiger Or. - Gr. Belts	4:00-4:30		6:00-6:30	4:00-4:30		10:00-10:30
	LVL 3: Tiger Pur.-Blk. Belts	4:00-4:30		6:00-6:30	4:00-4:30		(sparring)

Black Belt Club		Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	Orange-Green Belts	6:00-6:45	6:45-7:30	5:15-6:00	4:30-5:15	4:15-5:00	10:30-11:15 (sparring)
	Purple-Red Belts	4:30-5:15	6:00-6:45	6:30-7:15	6:00-6:45		11:15-12:00 (sparring)

Leadership Club		Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	Orange-Green Belts	6:00-6:45	6:45-7:30	5:15-6:00	4:30-5:15	4:15-5:00	10:30-11:15 (sparring)
	Purple-Red Belts	4:30-5:15	6:00-6:45	6:30-7:15	6:00-6:45		11:15-12:00 (sparring)
	Leadership XMA White-Green Belts			4:45-5:15	5:15-6:00		
	Leadership XMA Purple-Red Belts		5:15-6:00		5:15-6:00		

Junior Black Belts		Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	All Junior Rec. & Black Belts	6:45-7:30	4:30-5:15		6:45-7:30		11:15-12:00 (sparring)
	Leadership XMA Class		5:15-6:00			5:30-6:15 (1st & 3rd Fridays)	
	Combative Class					5:30-6:15 (2nd & 4th Fridays)	

Adults		Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	White-Rec. Black Belts		7:30-8:30		7:30-8:30		12:45-1:30
	All Adult Black Belts	7:30-8:30		7:45-8:45			12:45-1:30
	Adult Leadership Class					7:00-8:00 (1st & 3rd Fridays)	
Combative Class					7:00-8:00 (2nd & 4th Fridays)		

Legacy		Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	Legacy Class			7:15-7:45			

Effective 02/23/2019

Subject to Change Without Notice