

# KARATE ATLANTA

Effective January 1, 2009

## EVALUATION PROGRAM

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<b>Tigers Level 1</b>	No Class	4:45-5:15	No Class	4:15-4:45	No Class	10:30-11:00
<b>Tigers 2&amp;3</b>	No Class	5:30-6:00	No Class	3:45-4:15	No Class	10:30-11:00
<b>Jr White-Yellow</b>	4:30-5:00	No Class	5:00-5:30	No Class	5:30-6:00	11:00-11:30
<b>Adult White-Yellow</b>	6:30-7:15	No Class	No Class	7:00-8:00	6:00-6:45	No Class

## BASIC PROGRAM

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<b>Jr. Orange-Red</b>	4:00-4:30	No Class	4:30-5:00	5:45-6:15	No Class	11:00-11:30
<b>Adult Orange-Red</b>	6:30-7:15	No Class	No Class	7:00-8:00	6:00-6:45	No Class

## BLACK BELT PROGRAM

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<b>Jr. Orange-Red</b>	5:00-5:45	6:00-6:45	6:30-7:15	No Class	4:45-5:30	11:30-12:15
<b>Adult White-Red</b>	6:30-7:15	No Class	No Class	7:00-8:00	6:00-6:45	No Class

## LEADERSHIP PROGRAM

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<b>Jr. Orange-Red</b>	5:45-6:30	4:00-4:45	5:30-6:30	4:45-5:45	No Class	11:30-12:15
<b>Adult Orange-Red</b>	6:30-7:15	No Class	No Class	7:00-8:00	6:00-6:45	No Class

## BLACK BELTS ONLY TRAINING PROGRAM

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<b>JUNIOR BLACK BELTS</b>	5:45-6:30	No Class	No Class	6:15-7:00	No Class	11:30-12:15
<b>ADULT BLACK BELTS</b>	7:15-8:00	No Class	7:30-8:30	No Class	6:00-6:45	No Class

## SPECIALTY CLASSES (ask instructor)

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<b>FAMILY CLASS</b>						12:15-12:45



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[www.karateforkidsfamilycenter.com](http://www.karateforkidsfamilycenter.com)

**Mr. David Bell**  
Head Instructor  
3rd Degree Black Belt

**Mr. Jared Dunn**  
Assistant Instructor  
2nd Degree Black Belt