

KARATE ATLANTA

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Full uniform is REQUIRED for class and special events. *Karate* t-shirts may be worn Fridays and Saturdays.

Evaluation/Basic Program

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Tiny Cubs		4:00-4:30		4:00-4:30		9:00-9:30
Tiny Tigers Level 1			4:00-4:30		3:30-4:00	9:00-9:30
Tiny Tigers Level 2			3:30-4:00		4:00-4:30	9:00-9:30
Junior White-Orange	6:15-6:45		5:15-5:45		4:30-5:00	9:30-10:00
Yellow-Green		5:15-5:45		4:30-5:00	5:45-6:15	9:30-10:00
Adults	6:45-7:30		7:15-8:00	7:00-7:45		

Family Class

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Family		6:30-7:00				11:30-12:00

Black Belt Club Program

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Junior White-Red	4:00-4:45		5:45-6:30		6:15-6:45	10:00-10:45
Black Belt rec.	4:45-5:30		6:30-7:15		5:00-5:45	10:00-10:45
Adult	6:45-7:30		7:15-8:00	7:00-7:45		

Leadership Program

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Junior White- Purple	5:30-6:15		4:30-5:15		6:45-7:15	10:00-10:45
Junior Blue - Red		4:30-5:15		5:00-5:45	6:45-7:15	10:00-10:45
Black Belt Rec.	4:45-5:30		6:30-7:15		5:00-5:45	10:00-10:45
Black Belt only	4:45-5:30	5:45-6:30		6:15-7:00		10:00-10:45
Adult	6:45-7:45		7:15-8:15	7:00-8:00		
2nd - 3rd Degree		7:00-7:45				
C.I.T./Delta				5:45-6:15		
Demo/Competition						10:45-11:30
XMA				5:45-6:15		

XMA & Demo Team 1st and 3rd weeks each month. C.I.T. and Competition 2nd and 4th weeks.

Students should bring sparring gear to every class.

Mr. Koval-2nd Degree Head Instructor

Ms. Weakley-3rd Degree Specialty Instructor



Schedule Effective January 5th 2009