

KARATE ATLANTA

3463A L'ville-Suwanee Rd
Main Street Commons Shopping Center (I-HOP)
(678) 714-0000

EFFECTIVE October 20th, 2009 (Rev)

TINY TIGERS (2 DAYS/WEEK)

| | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
|-------------------|--------|-------------|-------------|-------------|-------------|--------------|
| Tiny Tigers Lvl 1 | | 5:15 - 5:45 | 5:30 - 6:00 | 4:00 - 4:30 | | 9:30 -10:00 |
| Tiny Tigers Lvl 2 | | 4:00 - 4:30 | | 5:00 - 5:30 | 4:30 - 5:00 | 10:00 -10:30 |

WHITE BELTS (3 DAYS/WEEK)

| | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
|-------|-------------|---------|-------------|----------|-------------|--------------|
| White | 5:50 - 6:20 | | 4:00 - 4:30 | | 5:45 - 6:15 | 10:30 -11:00 |

EVALUATION (3 DAYS/WEEK)

| | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
|-------------|-------------|-------------|-----------|-------------|--------|--------------|
| Orange-Camo | 4:40 - 5:10 | 4:30 - 5:15 | | 6:15 - 7:00 | | 10:30 -11:00 |

BLACK BELT CLUB (3 DAYS/WEEK)

| | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
|--------------|-------------|-------------|-------------|-------------|-------------|--------------|
| Orange-Green | 6:20 - 7:00 | | 4:30 - 5:15 | 5:30 - 6:15 | 5:00 - 5:45 | 11:00-11:45* |
| Purple-Red | 4:00 - 4:40 | 6:30 - 7:15 | | 7:00 - 7:45 | 5:00 - 5:45 | 11:00-11:45* |

LEADERSHIP (UNLIMITED CLASSES/WEEK)

| | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
|--------------|-------------|-------------|-------------|-------------|-------------|--------------|
| Orange-Green | 6:20 - 7:00 | | 4:30 - 5:30 | 5:30 - 6:15 | 5:00 - 5:45 | 11:00-11:45* |
| Purple-Red | 4:00 - 4:40 | 6:30 - 7:30 | | 7:00 - 7:45 | 5:00 - 5:45 | 11:00-11:45* |

BLACK BELT JUNIORS

| | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
|-------------------------------------|-------------|---------|-------------|----------|-------------|--------------|
| All Black Belts and Black Belt Rec. | 5:10 - 5:50 | | 6:00 - 6:45 | | 6:15 - 7:00 | 11:00-11:45* |

ADULTS

| | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
|-------------|-------------|-------------|--------------------------------|-------------|--------|--------------|
| Basic/Eval | 7:00 - 7:30 | | 6:45 - 7:15 11:30 - 12:15am | 7:45 - 8:30 | | |
| BBC/LDR | 7:30 - 8:15 | 7:30 - 8:15 | 7:15 - 8:00 11:30 - 12:15am | 7:45 - 8:30 | | 11:00-11:45* |
| Black Belts | 7:30 - 8:15 | 7:30 - 8:15 | 7:15 - 8:15 11:30 - 12:15am | 7:45 - 8:30 | | 11:00-11:45* |

LEADERSHIP STUDENTS ONLY (ALL AGES)

| | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
|---------------|--------|-------------|-----------|----------|--------|-------------|
| Demo Team | | | | | | 11:45-12:30 |
| LDR CIT Class | | 5:45 - 6:30 | | | | |

*CLASS WILL FOCUS ON SPARRING & WEAPONS

FOR SPECIAL EVENTS AND CLASS CANCELLATIONS, PLEASE SEE CALENDAR