

KARATE ATLANTA

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Email:
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Chief Instructor:
Mr. Jimmy Bell

Program Director:
Mr. Michael Gallagher

White Belt Beginners		Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	Tiny Tigers		5:00-5:30		4:30-5:00		9:30-10:00
	Juniors	5:15-5:45		6:00-6:30		6:00-6:30	10:00-10:30
	Teens/Adults	7:45-8:30	7:45-8:30	7:45-8:30	7:45-8:30		

Tiny Tigers		Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	Tigers Black Belt Club		4:30-5:00	6:30-7:00	4:00-4:30	3:30-4:00	9:00-9:30
	Tigers Leadership Club		4:00-4:30	6:30-7:00	5:00-5:30	3:30-4:00	9:00-9:30

Core Curriculum		Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	Orange-Green Belts	4:00-4:45	3:30-4:00	3:30-4:00	6:15-6:45	4:00-4:45	10:30-11:00
			7:00-7:45	5:15-6:00			
	Purple-Red Belts	5:45-6:30	6:15-7:00	4:00-4:45	3:30-4:00	5:15-6:00	11:00-11:30
					7:15-7:45		

Leadership Club		Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	Leadership Specialty	4:45-5:15		4:45-5:15	5:45-6:15	4:45-5:15	
		6:30-7:00			6:45-7:15		

Black Belts		Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	Recommended & 1st Degree Black Belts	7:00-7:45	5:30-6:15	7:00-7:45	5:00-5:45	6:30-7:15	11:30-12:00
	2nd-3rd Degree Black Belts	7:00-7:45	5:30-6:15	7:45-8:30	5:00-5:45	6:30-7:15	11:30-12:00

Teens & Adults		Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	All Teens and Adults	7:45-8:30	7:45-8:30	7:45-8:30	7:45-8:30		

Specialty Training		Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	Legacy Training		7:00-7:45		7:15-7:45		
	Competition Team						12:00-12:30
	Demo Team					7:15-7:45	