

ATA KARATE ATLANTA

MARTIAL ARTS TRAINING CENTERS

Effective 2/27/2012 Schedule Subject to Change Without Notice

Tiny Tigers						
	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
White Belts	4:15-4:45	11:15-11:45	5:15-5:45	11:15-11:45 AM and 5:00-5:30		10:45-11:15 AM
Orange-Red Belts		11:15-11:45 AM and 4:15-4:45	5:45-6:15	11:15-11:45 AM and 4:30-5:00		10:15-10:45 AM
Junior White Belts						
	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
White Belts	6:30-7:00		6:15-6:45		5:45-6:15	11:15-11:45 AM
Junior Black Belt Club						
	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Orange-Green	7:00-7:30		4:45-5:15		5:00-5:45	11:45-12:15 (Sparring)
Purple-Red		5:30-6:00		6:00-6:45	5:00-5:45	12:15-1:00 (Sparring)
Junior Leadership Club						
	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Orange-Green		4:45-5:30	7:00-7:45	5:30-6:00	6:15-7:00	11:45-12:15 (Sparring)
Purple-Red	4:45-5:30	6:30-7:15		6:45-7:30	6:15-7:00	12:15-1:00 (Sparring)
Black Belts						
	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Recommended Black Belts	5:30-6:15	7:15-8:00		8:00-8:45		1:45-2:30
1st Degree Black Belts	5:30-6:15	7:15-8:00		8:00-8:45		1:45-2:30
2nd & 3rd Deg Black Belts	5:30-6:15	7:15-8:00		8:00-8:45		1:45-2:30
Adults and Teens						
	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
White Belt Adults	7:30-8:15	12:30-1:15 and 8:00-8:45	8:15-9:00	12:30-1:15		9:30-10:15 AM
Orange-Green Adults	7:30-8:15	12:30-1:15 and 8:00-8:45	8:15-9:00	12:30-1:15		9:30-10:15 AM
Purple-Black Adults	8:15-9:00*	12:30-1:15 and 8:00-8:45	8:15-9:00	12:30-1:15		9:30-10:15 AM
Specialty Classes						
	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Family Fit					7:30-8:00	
Adult Fit			7:45-8:15			9:00-9:30 AM
XMA					7:00-7:30	
Demo Team						1:00-1:45
Leader CIT		6:00-6:30**		7:30-8:00**		
Competition		6:00-6:30**		7:30-8:00**		
Homeschool		11:45 AM-12:30		11:45 AM-12:30		
			*Focus on Fitness **See Calendar			

Contact Us: 770-277-4355 or info@gwinnettata.com
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