

# AVON LAKE ATA KARATE FOR KIDS

		BELT COLOR	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
TIGERS 4-6	BASIC MEMBERSHIP	WHITE + TURTLE			4:00-4:30 PM	5:45-6:15 PM		9:30-10:00 AM
		ORANGE + TIGER + YELLOW + CHEETAH			5:00-5:30 PM	5:15-5:45 PM		9:00-9:30 AM
		CAMO +			4:30-5:00 PM	6:15- 6:45 PM		9:00-9:30 AM
KARATE KIDS 7-12	BASIC MEMBERSHIP	KIDS WHITE-YELLOW	6:00-6:45 PM			4:30-5:15 PM		10:00-10:45 AM
		KIDS CAMO-BLUE	6:45-7:30 PM		6:45-7:30 PM			10:45-11:30 AM
		KIDS BROWN-RED			5:30-6:15 PM	7:30-8:15 PM		11:30-12:15 PM
		KIDS 1ST DEGREE BLACK BELT RECOMMENDED	5:15-6:00 PM		7:30-8:15 PM			12:15-1:00 PM
		KIDS 1ST DEGREE BLACK BELT	4:30-5:15 PM			6:45-7:30 PM		1:00-1:45 PM
		2ND DEGREE BLACK BELT RECOMMENDED	5:15-6:00 PM		7:30-8:15 PM			12:15-1:00 PM
		KIDS 2ND DEGREE BLACK BELT	4:30-5:15 PM			6:45-7:30 PM		1:00-1:45 PM
		SPARRING FOR BASIC MEMBERS			6:15-6:45 PM			
ADULTS 13+	BASIC MEMBERSHIP	ADULTS COLOR BELTS	7:30-8:15 PM		8:15-9:00 PM	8:15-9:00 PM (Spring Floor)		
		ADULTS BLACK BELTS	8:15-9:00 PM		8:15-9:00 PM	8:15-9:00 PM (Matted Floor)		
		ADULT SPARRING					7:00-7:45 PM	
CHAMPION & LEGACY	MEMBERS ONLY	STAFF MEETING					4:30-5:00 PM	
		LEGACY TRAINING					5:00-5:30 PM	
		CHAMPION SPARRING					5:30-6:00 PM	
		MAT CLASS					5:30-6:00 PM	
		COMPETITION CLASS WEEK 1: TECHNIQUE/FLEXIBILITY + CONDITIONING WEEK 2: COMBAT SPARRING + CONDITIONING WEEK 3: TEAM SPARRING + CONDITIONING WEEK 4: PRACTICE TOURNAMENT						6:00-7:00 PM