



Ages 4 - 6

ATA Tigers	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
White Belts		6:30	5:45	4:15		9:15
Orange & Yellow Belts	5:45	5:00	6:30	6:30	4:15	10:45
Camo through Blue Belts	6:30	4:15	5:00	5:45	5:00	12:15
Leadership	4:15	7:15				10:45
Adults All Ranks	8:00		8:00	8:00		1:00

ACADEMY RULES

1. No food consumed inside the Academy.
2. Children not participating in class must be kept quiet and under control at all times and are not permitted to roam throughout the Academy.
3. Interaction with students while in class is not permitted.
4. No running inside the Academy.
5. All students are responsible for their individual training equipment.

Please arrive on time and in uniform.

******* Effective as of 12/21/19 *******

Schedule will change to accommodate enrollments & graduations.



614-760-0000

Ages 7 - 12

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Karate Kids	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
White through Yellow Belts		5:45	4:15	7:15		10:00
Camo through Blue Belts	6:30		5:00	5:45	4:15	10:00
Brown & Red Belts	5:45	5:00		6:30	5:00	12:15
1st Degree Black Belts	5:00	4:15	7:15	5:00	5:45	11:30
2nd Degree Black Belts	5:00		7:15	5:00	5:45	11:30
Leadership	4:15	7:15				10:45
XMA					6:30	
Adults All Ranks	8:00		8:00	8:00		1:00
Athlete Development						8:00

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TWEEN/TEEN & ADULT SCHEDULE

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TWEEN/TEEN & ADULTS	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Tween/Teen: White - Yellow	7:15	8:00	8:00			1:00
Tween/Teen: Camo - 1BD	7:15	8:00	8:00		7:30	1:00
Tween/Teen: 2nd Degrees	7:15	8:00	8:00		7:30	1:00
Tween/Teen: 3rd Degrees	7:15	8:00	6:30		7:30	1:00
Tween/Teen Leadership		7:15				
Adults All Ranks	8:00		8:00	8:00		1:00
Adult Leadership		7:15				
XMA					6:30	
Athlete Development						8:00

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