

## KARATE USA FAMILY MARTIAL ARTS ACADEMY JOHNS CREEK - CLASS SCHEDULE

### LITTLE NINJAS (AGES 3 TO 5)

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
ALL RANKS	5:30	3:30	3:30	3:30	X	10:00a

### TAEKWONDO - BEGINNERS (AGES 6 TO 12)

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
WHITE TO ORANGE	4:00   6:15	4:00   6:15	4:00   6:15	4:00   6:15	4:00	10:30a

### TAEKWONDO - INTERMEDIATE & ADVANCED (AGES 6 TO 12)

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
GREEN TO ADV. BLUE	4:45	4:45   6:15	4:45	4:45   6:15	4:45	11:15a
ADV. BLUE TO BLACK	4:45	5:30	5:30	5:30	X	12:00

### TAEKWONDO - TEEN AND ADULT (ALL RANKS AGES 13+)

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
ALL RANKS	7:00	7:00	7:00	7:00	X	12:00

### COMPETITION TEAM ( TEAM.KARATE-USA.COM - APPLY ONLINE )

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
ALL RANKS	7:45 @ WM	X	7:45 @ JC	X	X	8:00a @ WM

### WOMEN'S KICKBOXING

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
KICKBOXER	9:15a	X	9:00a	X	9:15a	X