

AVON LAKE ATA KARATE FOR KIDS

	BELT COLOR	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
TIGERS 4-6 BASIC MEMBERSHIP	WHITE			4:00-4:30 PM	5:45-6:15 PM		9:30-10:00 AM
	TIGERS ORANGE-YELLOW	4:00-4:30 PM			5:15-5:45 PM		9:00-9:30 AM
	TIGERS CAMO-RED			4:30-5:00 PM	6:15- 6:45 PM		9:00-9:30 AM
	TIGER SPARRING			5:00-5:30 PM			

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		7:00-7:45 PM			10:45-11:30 AM
	KIDS BROWN-RED	7:30-8:15 PM		5:30-6:15 PM			11:30-12:15 PM
	BLACK BELT RECOMMENDED	5:15-6:00 PM		7:45-8:30 PM			12:15-1:00 PM
	KIDS 1st DEGREE BLACK BELT	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
	BASIC SPARRING			6:15-7:00 PM			

ADULTS 13+ BASIC MEMBERSHIP	ADULTS	8:15-9:00 PM		8:30-9:15 PM	8:15-9:00 PM		YOGA TENTATIVELY 9:00, 9:30, 10:00
	YOGA						
	ADULT SPARRING					7:15-8:00 PM	

CHAMPION AND LEGACY MEMBERS ONLY	OPEN GYM (MAIN FLOOR)					5:00-5:30 PM	
	CONDITIONING (MP ROOM)					5:00-5:30 PM	
	COMBAT SPARRING (MAIN FLOOR)					5:30-6:00 PM	
	LEGACY TRAINING (MP ROOM)					5:30-6:00 PM	
	ELITE SPARRING (MAIN FLOOR)					6:00-6:30 PM	
	MAT CLASS (MP ROOM)					6:00-6:30 PM	
	COMPETITION (MAIN FLOOR)					6:30-7:15 PM	