

AVON LAKE ATA KARATE FOR KIDS

	BELT COLOR	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
TIGERS 4-6	WHITE		4:00-4:30 PM		5:45-6:15 PM		9:30-10:00 AM
	ORANGE-YELLOW	4:00-4:30 PM			5:15-5:45 PM		9:00-9:30 AM
	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	WHITE-YELLOW		5:30-6:15 PM		4:30-5:15 PM		10:00-10:45 AM
	CAMO-BLUE	6:00-6:45 PM		5:45-6:30 PM			10:45-11:30 AM
	BROWN-RED	6:45-7:30 PM		4:15-5:00 PM			11:30-12:15 PM
	BLACK RECOMMENDED	5:15-6:00 PM		7:00-7:45 PM			12:15-1:00 PM
	1ST DEGREE BLACK BELT	5:15-6:00 PM			7:30-8:15 PM		12:15-1:00 PM
	2ND DEGREE BLACK BELT	4:30-5:15 PM			6:45-7:30 PM		1:00-1:45 PM
	COLOR BELT SPARRING (White-Red Dec.)			5:00-5:45 PM			
	BLACK BELT SPARRING (Black Rec.-3rd Degree)			6:30-7:00 PM			

ADULTS 13+	WHITE-BLACK RECOMMENDED	7:30-8:15 PM		7:45 -8:30 PM	8:15-9:00 PM		
	BLACK BELT ADULTS	8:15-9:00 PM	6:15-7:00 PM		8:15-9:00 PM		
	ADULT SPARRING					7:15-8:00 PM	

LEADERSHIP	COMBAT					5:00-5:45 PM	
	COMPETITION					5:45-6:30 PM	
	LEGACY					6:30-7:15 PM	

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