



Atlantic Karate

TRAINING CENTER

*“The ultimate aim of the art of Karate,
lies not in victory nor defeat, but in the
perfection of the character of its participants.”*

Fall Schedule as of August 27th

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
Little Samurai (Ages 5-7 All Ranks)	4:00-4:45 PM	4:00- 4:45 PM	4:00-4:45 PM	4:00-4:45 PM	4:00-4:45 PM	
Beginner Junior Program (Ages 7-12 White and Yellow Belts)	5:00-5:45 PM		5:00-5:45 PM		5:00-5:45 PM	10:00-10:45 AM
Intermediate Junior Program (Ages 7-12 Orange and Blue Belts)	6:00-6:45 PM		6:00-6:45 PM		6:00-6:45 PM	10:00-10:45 AM
Advanced Junior Program (Ages 7-12 Green and Brown Belts)		5:00-5:45 PM		5:00-5:45 PM	6:00-6:45 PM	10:00-10:45 AM
Teen Program (All Ranks)	7:15-8:15 PM	6:00-7:00 PM		6:00-7:00 PM		11:00-12:00 PM
Adult Program (All Ranks)	7:15-8:15 PM	7:15-8:15 PM		7:15-8:15 PM		11:00-12:00 PM
Hybrid Performance and Fitness	6:00-7:00 AM 9:00-10:00 AM		6:00-7:00 AM 9:00-10:00 AM		6:00-7:00 AM 9:00-10:00 AM	7:30-8:30 AM