

WORLD CHAMPION TONY YOUNG
All Star Karate*Tae Bo Aerobics*All Star Kickboxing
 Union Square Plaza
 6703 Shannon Parkway, Suite 6, Union City, Georgia
 404-763-8939

CLASSES	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
Tae Bo Aerobics		9:30-10:30am		9:30-10:30am	C l o s e d f o r S p e c i a l E v e n t s		
Family Karate		10:30-11:30am		10:30-11:30am		12:00-1:00pm	
Karate (New Students) Age 4-5	5:45-6:20pm		5:45-6:20pm			12:00-1:00pm	
Family Karate (New Students) 6 & Older	6:20-7:05pm		6:20-7:05pm			12:00-1:00pm	
Karate – Yellow Belt	7:05-7:55pm (Youth Sparring)	6:00 – 7:00PM	7:05-7:55pm			1:00-2:00pm	
Karate – Advance	7:05-7:55pm (Youth Sparring)	6:00-7:00pm	7:05-7:55pm			1:00-2:00pm	
Karate (Adults)	9:00-10:00pm		8:00-9:00pm				
Karate – Black Belt	8:00-9:00pm	6:00-7:00pm					5:00-6:00pm (As Scheduled)
Tae Bo Aerobics –Beginner- Intermediate		8:00-9:00pm		7:30-8:30pm		AS ANNOUNCED	
Weapons--Bo	WILL BE SCHEDULED DURING REGULAR YELLOW BELT CLASS AS ANNOUNCED						
Sparring	7:05-7:55pm (Youth Sparring)			4:30-5:30pm 8:30-10:30pm		2pm – 3pm	
Kickboxing		7:00-8:00pm		6:30-7:30pm			
Forms							
Demo Team				5:30-6:30pm			
Jogging			5:00-6:00pm				

ALL STAR KARATE IS:

- *A Weapon To Be Respected And Used Wisely
- *An Excellent Way To Develop The Body & Mind
- *A Fun And Entertaining Sport

First Time Tae Bo Aerobics and Kickboxing Students Must Arrive At Least 30 Minutes Before Class To Register

Phone: *404-763-8939* www.tonyyoungkarate.com

SCHEDULE EFFECTIVE JANUARY 2016