



U.M.A.S. Karate Class Schedule

(effective August 1st, 2023)
 “Changing the World One Black Belt at a Time!”
www.umaskarate.com
 Covington 770-787-8707
 Conyers 770-679-5392



	Mon.	Tue.	Wed.	Thu.	Fri.	Sat.
Tiny Tigers Beginner (ages 3 - 4)	4:00pm	—	4:00pm	—	—	12:00 noon
Lil’ Dragons Beginner (ages 5 - 6)	4:40pm	5:40pm	4:40pm	5:40pm	—	12:00 noon
Jr. Ninja Beginner (7-12) (white/yellow/orange)	5:20pm	6:20pm	5:20pm	6:20pm	—	11:00am
Jr. Ninja Intermediate (7-12) (green/purple/blue)	6:10pm	4:50pm	6:10pm	4:00pm	—	11:00am
Black Belt Training (7-12) (red/brown)	7:00pm	4:00pm	7:00pm	4:50pm	—	11:00am
Kickin’ Teens/Adults (ages 13+) (all belts)	8:00pm	8:00pm	8:00pm	8:00pm	—	10:00am
Black Belts (inc. Jr Black) (all ages)	—	7:10pm	—	7:10pm	—	10:00am
Leadership training (Le/ITE) Weapons Classes (Bbe & up)	—	—	—	—	4:15pm 4:30pm & 6:10pm	—
Sparring Class (bbe, le, ite) (all ages) (full gear required)	—	—	—	—	5:20pm	—
SWAT/STORM Practice (invitation only)	—	—	—	—	7:00pm 1st & 3rd Fri Only	—
Ladies Fitness Kickboxing *Conyers Only		9:00am	9:00am	9:00am	—	

- If you or a family member are sick or have signs of any sickness, please do not enter the facility. Use hand sanitizer prior to class and wash hands after class.
- Basic Experience members may attend 1-2 classes per week. White uniform only please. See pro shop for dress code.
- Black Belt Experience members may attend up to 3 classes per week total. (includes sparring and weapons class)
- Leadership/Instructor Experience members may attend up to 4 classes per week total. (includes sparring and weapons class)
- All students must supply their own safety equipment. (available at the pro shop) Please bring gear to EVERY class.
- Yellow belts and up must “gear up” before class on the even calendar days!
- Students are encouraged to study their curriculum books and DVD’s and practice at home to make timely progress.
- U.M.A.S. Karate t-shirts may be worn to all classes on Friday evening classes & to all classes during the summer. Available at the schools pro shop.
- Please arrive 5-10 minutes prior to the start of your class. If more than 10 minutes late you will not be given credit for class!
- You must be picked up immediately after class. We are not responsible for children left unattended!
- Do not disturb class! If you arrive late, wait until the instructor calls you to join class.