



U.M.A.S. Karate Class Schedule

(effective August 1st, 2021)
 “Changing the World One Black Belt at a Time!”
www.umaskarate.com
 Covington 770-787-8707
 Conyers 770-385-8106



	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
Weapons Class (BBE, LE, ITE only)	—	—	—	—	4:30pm 6:10pm	—
Sparring Class (bbe, le, ite) (all ages) (full gear required)	—	—	—	—	5:20pm	—
S.W.A.T. Practice (invitation only)	—	—	—	—	7:00pm 1st & 3rd Fri Only	—
Ladies Fitness Kickboxing	6:15pm	6:15pm	6:15pm	6:15pm	—	10:00am

-If you or a family member are exhibiting symptoms of Covid 19 please do not enter the facility. Please use hand sanitizer prior to class and social distance when possible. Wash hands with soap and water after class.

-Basic Experience members may attend 1-2 classes per week. White uniform only please.

-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)

-Yellow belts and above must supply their own safety equipment . MUST meet school dress code requirements.

-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 during the summer and always on Friday evening classes. Available at the schools pro shop.

-Even days on the calendar are GEAR Days! Please bring gear to class.

-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.