



U.M.A.S. Karate Class Schedule

(effective May 31st 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	10:15 am	4:00pm	10:15 am	—	12:00 noon
Lil' Dragons Beginner (ages 5 - 6)	4:40pm	10:15 am 5:40pm	4:40pm	10:15 am 5:40pm	—	12:00 noon
Jr. Ninja Beginner (7-12) (white/yellow/orange)	5:20pm	11:00 am 6:20pm	5:20pm	11:00 am 6:20pm	—	11:00am
Jr. Ninja Intermediate (7-12) (green/purple/blue)	6:10pm	11:00 am 4:50pm	6:10pm	11:00 am 4:00pm	—	11:00am
Black Belt Training (7-12) (red/brown)	7:00pm	11:00 am 4:00pm	7:00pm	11:00 am 4:50pm	—	11:00am
Kickin' Teens/Adults (ages 13+) (all belts)	7:50pm	12:00 noon 8:00pm	7:50pm	12:00 noon 8:00pm	—	10:00am
Black Belts (inc. Jr Black) (all ages)	—	7:10pm	—	7:10pm	—	—
Weapons Class (BBE, LE, ITE only)	—	—	—	—	4:15pm 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 class)

-Leadership/Instructor Experience members may attend up to 4 classes per week total. (includes sparring and weapon/leadership class)

-Yellow belts and above must supply their own sparring equipment and weapons. MUST have UMAS logo!!!

-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.

-All Black Belt and Leadership Experience members must bring gear and weapon to every class.

(“odd” days are weapon days and “even” days are gear days) (see monthly calendar)

-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!