

WORLD CHAMPION TONY YOUNG
All Star Karate*Tae Bo Aerobics*All Star Kickboxing
 Union Square Plaza
 6703 Shannon Parkway, Suite 11, 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	ANNOUNCED FOR FEBRUARY 2010		
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)	6:20 – 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		9:00 – 10:00pm				
Karate – Black Belt	8:00 – 9:00pm	6:00 – 7:00pm					5:00 – 6:00pm (As Scheduled)
Tae Bo Aerobics –Beginner- Intermediate		7:00 – 7:30pm 7:30 – 8:30pm	8:00 – 9:00pm	7:30 – 8:00pm 8:00 – 9:00pm		AS ANNOUNCED	
Weapons--Bo	WILL BE SCHEDULED DURING REGULAR YELLOW BELT CLASS Every Third Wednesday						
Sparring	7:05 – 7:55pm (Youth Sparring)			9:30 – 11:00pm			
Kickboxing		8:30 – 9:30pm		6:30 – 7:30pm			
Forms	WILL BE SCHEDULED DURING REGULAR CLASSES						
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 FEBRUARY 2010