



# National Karate Schools

**Director:** Mr. John Mazzola  
**Asst Director:** Mr. Mike Conlee  
**Instructors:** Ms. Pam Thomas, Mr. Arnaldo Rosas, Mr. Zach Schon, Mr. Jerry Flowers  
**Asst Instructors:** Mrs. Lalaine Pacis, Mr. Lonnie Van Cuyk, Ms. Cindy Wiora, Mr. Rick Froehlich, Mrs. Sky Capriolo, Mr. Ron Lansdown, Mr. Tyler Pacis, Mr. Kyle Klawunder

802 E. Nerge Rd . Roselle, IL 60172 (630) 539-9969 E-Mail JM@ChicagoNK.com: **EFFECTIVE 3/23/12**

4-7 YR OLD	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
BEGINNERS		4:10		5:20	5:50	8:40AM
GOLD STRIPE	4:00		5:40		5:50	8:40AM
GREEN & PURPLE	5:20		4:30	4:45	*5:15	
BLUE & UP		5:20	4:00		*5:15	

Maximum of two classes per week for 4 - 7 yr olds

\*SPARRING CLASS

8-12 YR OLD	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
BEGINNERS		6:30		5:50		9:15 AM
GOLD BELTS	5:50		5:00			9:15 AM
GREEN BELTS	5:50		5:00			*9:50 AM
PURPLE BELTS	4:35		6:10			*9:50 AM
BLUE BELTS	4:35		6:10			*10:40AM
BLUE W/ RED STRIPE			6:10		4:40	*10:40AM
RED BELTS		4:40		6:20		*10:40AM
RED W/ BRN STRIPE				6:20	6:20	*11:30AM
BROWN BELTS				4:00	6:50	*11:30AM
BLACK STRIPES		5:50		4:00	6:50	*12:20PM
DOUBLE BLACKS		5:50			7:20	*12:20PM

10 - 14 YR OLD	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
1st DEGREES	*6:30	7:40				**1pm Level 1
2nd & 3rd DEGREES	*6:30	8:20				** 1:40pm Level 2

ADULTS	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
BEGINNERS		7:00		7:00		
GOLD BELTS		7:00	6:50	7:00		
GREEN BELTS	*6:30to/*7:15wo/*8:00mo		6:50			
PURPLE BELTS	*6:30to/*7:15wo/*8:00mo		6:50			
BLUE BELTS	*6:30to/*7:15wo/*8:00mo		6:50			
RED BELTS	*6:30to/*7:15wo/*8:00mo			8:30	8:00	
BROWN BELTS	*6:30to/*7:15wo/*8:00mo			8:30	8:00	
BLACK STRIPES	*6:30to/*7:15wo/*8:00mo	9:00			8:00	
1ST DEGREES	*7:15wo/*8:00mo		7:30			
2nd & 3rd DEGREES	*7:15wo/*8:00mo		8:10			

## AEROBIC KICKBOXING

wo = Women only	TO = Teens	Thursday	Saturday	*SPARRING CLASS
mo = Men only	** Level1- 1pm/ Level 2 -1:40	7:40	8:00 AM	** weapons