



# National Karate Schools

South Elgin Schedule  
 Web: [www.NationalKarate.com](http://www.NationalKarate.com)  
 1272 Spring Street  
 South Elgin, IL 60177  
 (847) 741-6565

## CHILDREN 4 - 7

MAXIMUM CLASS ATTENDANCE FOR CHILDREN IS 2 CLASSES PER WEEK

<b>Effective 9/19/2011</b>	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
BEGINNERS	5:05		4:30			9:30 am
SINGLE GOLD STRIPE	4:00		5:05			9:00 am
DOUBLE GOLD STRIPE	4:30		5:05			9:00 am
GREEN & PURPLE	5:40			4:00	<b>*3:45</b>	10:05 am
BLUE & UP		4:00	4:00		<b>*4:45 / 5:15</b>	8:30 am

## YOUTH 8 - 12

MAXIMUM CLASS ATTENDANCE IS 3 CLASSES PER WEEK

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
BEGINNERS		5:45		4:30		10:40 am
GOLD BELTS		4:30		5:05	4:15	11:15 am
GREEN BELTS		4:30 / <b>*5:05</b>		5:05	4:15	11:15 am
PURPLE BELTS	6:10	<b>*5:05</b>			5:50	11:55 am
BLUE & RED STRIPE	6:10	<b>*6:20</b>			5:50	11:55 am
RED BELTS	<b>*6:55</b>			5:35	6:30	
BROWN BELTS	<b>*6:55</b>			6:15		12:40 pm
BLACK STRIPES			<b>*5:40</b>	6:15		12:40 pm
BLACK BELTS			6:15 / <b>*7:00</b>		8:00	

## ADULT 13 & UP

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
BEGINNERS		7:00	Noon	6:55		
GOLD BELTS		7:00	All	6:55		
GREEN BELTS	<b>*7:35</b>	8:20	Belts		7:10	
PURPLE BELTS	<b>*7:35</b>	8:20	Welcomed		7:10	
BLUE & RED STRIPE	<b>*7:35</b>	8:20			7:10	
RED BELTS	<b>*7:35 / 8:20</b>				7:10	
BROWN BELTS	<b>*7:35 / 8:20</b>				7:10	
BLACK STRIPES	<b>*7:35 / 8:20</b>				7:10	
BLACK BELTS	8:20		7:40 / <b>*8:25</b>		8:00	
Adults (all levels)			12:00			

## KICKBOXING

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
KICKBOXING		7:40		7:40		

*\*=Sparring*