



National Karate Schools

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

CHILDREN 4 - 7

MAXIMUM CLASS ATTENDANCE FOR CHILDREN IS 2 CLASSES PER WEEK

2/23/2012	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
BEGINNERS	5:05		4:30			9:35 am
GOLD STRIPE	4:30		5:05			9:00 am
GREEN & PURPLE	5:40		4:00	4:00	*3:45	10:10 am
BLUE & UP		4:00			*4:45 / 5:15	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		10:45 am
GOLD BELTS		4:30		5:05	4:15	11:20 am
GREEN BELTS		4:30 / *5:05		5:05	4:15	11:20 am
PURPLE BELTS	6:10	*5:05			5:50	12:00 pm
BLUE & RED STRIPE	6:10	*6:20			5:50	12:00 pm
RED BELTS	*6:55			5:35	6:30	
BROWN BELTS			*5:40	6:15		12:45 pm
BLACK STRIPES			*5:40	6:15		12:45 pm
BLACK BELTS			6:15 / *7:00		8:00	

ADULT 13 & UP

MAXIMUM CLASS ATTENDANCE IS 3 CLASSES PER WEEK + UNLIMITED KICKBOXING

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

KICKBOXING

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

**=Sparring*

