



Bloomingtondale National Karate

www.ChicagoNK.com

Director: Ms. Langley
 Head Instructors: Mr. Payne
 Mr. Whittenhall
 Instructor(s): Ms. Pam Neil, Mrs. Gail Fieri

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EFFECTIVE 1/1/2017

CHILDREN 4 - 7

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
BEGINNERS	4:30		5:30			9:00
GOLD	5:00		5:00			8:30
GREEN	*5:30/5:00		5:00			9:30
PURPLE & UP	*5:30/6:00		4:30			9:30

***Sparring Class** *Maximum of 2 classes per week for 4-7 Year Olds*

YOUTH 8 - 12

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
BEGINNERS		6:30			5:00	10:00
GOLD BELTS		5:00		5:00		10:00
GREEN BELTS		5:00/5:45*		5:00		
PURPLE BELTS		5:45*	6:00		5:30	
BLUE BELTS		5:45*	6:00		5:30	
RED BELTS	6:30			*5:45	6:15	*10:40
BROWN BELTS	6:30		6:45	*5:45		*10:40
BLACK STRIPES	6:30		6:45	*5:45		*10:40
DOUBLE BLACK			6:45	*5:45	**7:45	*10:40
BLACK BELTS		7:00		*5:45	7:00	*10:40

***Sparring Class** *Maximum of 3 classes per week for 8-12 Year Olds*

ADULTS 13 & UP

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
BEGINNERS	8:05		7:30			11:30
GOLD BELTS	8:05		7:30	6:30		11:30
GREEN BELTS	8:05		*8:00	6:30		11:30
PURPLE BELTS	8:05		*8:00	6:30		11:30
BLUE BELTS	8:05		*8:00	6:30		11:30
RED BELTS	8:05		*8:00	8:05		11:30
BROWN BELTS	8:05		*8:00	8:05		11:30
BLACK STRIPES	8:05		*8:00	8:05		11:30
DOUBLE BLACK	8:05		*8:00	8:05	**7:45	11:30
BLACK BELTS		7:00	*8:00		7:00/ **7:45	11:30

Sparring** *Candidate Class** (Youth Double black, Year Round) (Adult Candidates added to class at later scheduled time)



KRAV MAGA

Monday	Thursday	Saturday
7:15PM	7:15PM	12:15PM

KRAV MAGA 16 years and up

CARDIO KICKBOXING

Tuesday
8:00PM

Kickboxing 16 years and up