

South Elgin National Karate



Website: www.ChicagoNK.com
 Director: Lance Flight
 Assistant Director: Michael Drescher
 Head Instructor: Natalie Kusnierewicz



1272 W. Spring St., South Elgin, IL 60177
 847-741-6565

Effective 3-19-2018

4-7 YR OLD	MON	TUES	WED	THURS	FRI	SAT
BEGINNERS	5:00		4:30			9:30 AM
GOLD STRIPES	4:30		5:00			9:00 AM
GREEN & UP	5:40	4:00		4:00	*4:45 / 5:15	8:30 AM
PARENT & CHILD CLASS						10:00 AM

* INDICATES A SPARRING CLASS

8-12 YR OLD	MON	TUES	WED	THURS	FRI	SAT
BEGINNERS		5:50		5:45		10:45 AM
GOLD BELTS		4:30		4:30	6:30	11:15 AM
GREEN BELTS		4:30 / *5:10		4:30 / *5:10	6:30	11:15 AM
PURPLE BELTS	4:00	4:30 / *5:10		4:30 / *5:10	6:30	11:15 AM
BLUE & RED STRIPE	4:00	*6:25		4:30 / *5:10	6:30	11:15 AM
RED & BROWN STRIPE	4:00	*6:25	*5:45		4:00 / 5:50	11:55 AM
BROWN & SINGLE BLACK			*5:45	6:15	4:00 / 5:50	11:55 AM
DOUBLE BLACK STRIPES			*5:45	6:15	5:50 / *8:00	11:55 AM
BLACK BELTS	6:15		6:30 / *7:10		*8:00 / 8:40	
WEAPONS CLASS						1:30 PM **

** Note: On Exam Days, Weapons Class Will Be Canceled **

13 & UP	MON	TUES	WED	THURS	FRI	SAT
BEGINNERS & GOLD BELTS		7:50		8:35		
GREEN - RED STRIPE	*7:50	7:50		8:35	7:10	
RED- DBL BLK STRIPE	*7:50 / 8:35	7:50		8:35	7:10	
BLACK BELTS	8:35		7:50 / *8:35		7:10	

Krav Maga & Kickboxing	MON	TUES	WED	THURS	FRI	SAT
KRAV MAGA (15+)	7:00 PM	7:00 PM		7:00 PM		
KIDS KRAV MAGA (8-14 yrs)						12:35 PM
CARDIO KICKBOXING (15+)		8:35 PM		7:50 PM		