

# South Elgin National Karate



Website: [www.ChicagoNK.com](http://www.ChicagoNK.com)  
 Associate Director: Lance Flight  
 Head Instructor: Michael Drescher  
 Instructors: L. Harbaugh & N. Kusnierewicz

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



	MON	TUES	WED	THURS	FRI	SAT
BEGINNERS	5:05		4:35			9:35 AM
GOLD STRIPES	4:30		5:10			9:00 AM
GREEN & UP	5:40	4:00	*4:00	4:00	*4:45 / 5:15	8:30 AM
PARENT & CHILD CLASS						10:10 AM

\* INDICATES A SPARRING CLASS

8-12 YR OLD	MON	TUES	WED	THURS	FRI	SAT
BEGINNERS		5:50		4:30		11:00 AM
GOLD BELTS		4:35		5:05	6:30	11:35 AM
GREEN BELTS		4:35 / *5:10		5:05	6:30	11:35 AM
PURPLE BELTS	4:00	*5:10		5:05	6:30	11:35 AM
BLUE & RED STRIPE	4:00	*6:25		5:05	6:30	11:35 AM
RED & BROWN STRIPE	4:00	*6:25	*5:45	5:35	4:00	1:00 PM
BROWN & SINGLE BLACK			*5:45	5:35	5:50	1:00 PM
DOUBLE BLACK STRIPES				6:15		*1:45 / 2:20
BLACK BELTS	6:15		6:30 / *7:10		*8:00 / 8:40	
2nd/3rd DEGREES (10-14 yrs)						12:15 PM

\*\* Please Note: On Exam Days, The Saturday 1 PM Through 3:00 PM Will Be Canceled\*\*

13 & UP	MON	TUES	WED	THURS	FRI	SAT
BEGINNERS & GOLD BELTS		7:00		8:35		
GREEN - RED STRIPE	*7:50	8:35		8:35	7:10	
RED- DBL BLK STRIPE	*7:50 / 8:35	8:35		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		
KIDS KRAV MAGA (8-14 yrs)						12:15 PM
CARDIO KICKBOXING (15+)		7:50 PM		7:50 PM		7:45 AM

