



National Karate Scho

Director: Mr. John Mazzola
 Instructors: Mr. Carson Price,
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 Mrs Bethany Mazzola, Ms. Elizabeth Benitez

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4-7 YR OLD	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
WHITE BELTS	5:05PM		5:05PM		
GOLD STRIPES	5:40PM		4:30PM		
GREEN & PURPLE BELTS		*4:40PM	5:40PM		
BLUE & UP	*4:30PM	5:10PM			

Maximum of two classes per week for 4 - 7 yr olds

8-12 YR OLDS	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
WHITE BELTS	6:15PM				5:10PM
GOLD BELTS	6:50PM				5:40PM
GREEN BELTS	6:50PM			*6:00PM	5:40PM
PURPLE BELTS				*6:00PM	6:20PM
BLUE & RED STRIPES				*6:00PM	6:20PM
RED & BROWN STRIPES		*5:40PM		5:20PM	
BROWN BELTS		*5:40PM		6:40PM	
BLACK STRIPES		*6:20PM		6:40PM	
BLACK BELTS		7:40PM	*6:10PM	8:00PM	

Maximum of three classes per week for 8 - 12 yr olds

ADULTS	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
WHITE & GOLD BELTS			7:40PM		7:00PM
GREEN & PURPLE BELTS	*8:20PM	7:00PM			7:40PM
BLUE & RED STRIPE	*8:20PM	7:00PM			7:40PM
RED BELTS	*8:20PM	7:00PM		7:20PM	7:40PM
BROWN & BLACK STRIPES	*8:20PM	7:00PM		7:20PM	7:40PM
BLACK BELTS	*8:20PM	7:40PM		8:00PM	7:40PM

* Sparring Class



KRAV MAGA

Monday	Wednesday
7:35PM	7:00PM

KRAV MAGA 16 years and up

CARDIO KICKBOX

Wednesday	Saturday
8:20PM	1:30PM

Kickboxing 15 years and up



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SATURDAY
9:35AM
9:00AM
10:10AM
10:10AM

SATURDAY
10:45AM
10:45AM
11:35AM
11:35AM
11:35AM
12:10PM
12:50PM
12:50PM

SATURDAY

ING

