



Bartlett National Karate

365 S. Prospect Ave, Barlett, IL 60103 630-289-7777

Location Director: Dustin Kook
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Associate Director: Alex Dingmann
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Instructor/Office Admin: Juli Brown
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Effective 9/4/18

MAXIMUM CLASS ATTENDANCE IS 2 CLASSES PER WEEK

4-7 YR OLD	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
BEGINNERS		5:05		5:10		10:45 AM
GOLD STRIPES		4:30		5:45		8:45 AM
GREEN STRIPES		5:40		3:45/*4:30		8:15 AM
PURPLE STRIPES		5:40		3:45/*4:30		8:15 AM
BLUE & RED STRIPES		4:00			4:00	*9:15 AM
BROWN & BLACK STRIPES	5:15 (B)	4:00				*9:15 AM

MAXIMUM CLASS ATTENDANCE IS 3 CLASSES PER WEEK

8-12 YR OLD	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
BEGINNERS	5:15		5:15 (B)			11:20 AM
GOLD BELTS	4:35				5:15	11:55 AM
GREEN BELTS	4:35		*4:00		5:15	11:55 AM
PURPLE BELTS		6:15	*4:00			12:30 PM
BLUE BELTS	*5:50	6:15				12:30 PM
RED BELTS		6:50	4:40			*1:05 PM
BROWN - DBL BLACK STRIPE	3:45		5:15 (A)		4:30	*1:45 PM
BLACK BELTS				6:20/*7:05	8:00	

MAXIMUM CLASS ATTENDANCE IS 3 CLASSES PER WEEK PLUS KB

13 & UP	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
WHITE AND GOLD BELTS	6:40				6:40	
GREEN - BLUE	6:40		*7:30		6:40	
RED BELTS		8:20	*7:30 / 8:15		5:55 (A)	
BROWN BELTS	*7:25	8:20	8:15		5:55 (A)	
1ST DEGREE BLACK	*7:25		8:15		7:15	
2ND & 3RD DEGREE BLACK	*7:25		5:55		7:15	
Advanced Teen Sparring	*8:15					
All Levels				12:00		

A & B indicates classroom location

* Indicates a sparring class



KRAV MAGA

Wednesday	Fri-Beginners	Saturday
6:40PM	5:45 PM (B)	9:50AM

KRAV MAGA 15 years and up

CARDIO

KICKBOXING

Tuesday	Thursday
7:30PM	7:45PM

Kickboxing 15 years and up

Website www.ChicagoNK.com

www.Facebook.com/BartlettNationalKarate

HAVE YOUR NEXT BIRTHDAY PARTY HERE

PRIVATE LESSONS AVAILABLE UPON REQUEST