

# South Elgin National Karate

Director: Lance Flight

Assistant Director: Michael Drescher

Head Instructor: Natalie Kusnierewicz

Office Admin: Cathy Drescher



1272 West Spring Street, South Elgin, IL 60177

(847) 741 -6565

www.chicagonk.com



Effective 10/1/2018

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

\* INDICATES A SPARRING CLASS

8-12 YR OLD	MON	TUES	WED	THURS	FRI	SAT
BEGINNERS		5:40		5:45		10:40 AM
GOLD		4:30		5:10	4:00	11:10 AM
GREEN		4:30 / *5:10		5:10	4:00	11:10 AM
PURPLE AND BLUE	4:00	*5:10		4:40	6:30	
RED & BROWN STRIPE		6:10	*5:40	4:00		10:00 AM
BROWN - DOUBLE BLACK			5:00 / *5:40	6:15	*8:00	11:50 AM
BLACK BELTS			6:15 / *7:05		*8:00 / 8:30	
WEAPONS CLASS						1:30 PM **

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

13 & UP	MON	TUES	WED	THURS	FRI	SAT
BEGINNERS	6:10	7:00				
GOLD	6:10	7:00				
GREEN	6:10 / *7:45	7:00		8:35		
PURPLE AND BLUE	*7:45	7:30		8:35	7:10	
RED & BROWN STRIPE	*7:45	7:30		8:35	7:10	
BROWN - DOUBLE BLACK	8:30	7:30		8:35	7:10	
BLACK BELTS	8:30		7:40 / *8:35		7:10	

KRAV MAGA & KICKBOXING	MON	TUES	WED	THURS	FRI	SAT
KRAV MAGA (15+)	6:40 PM			7:00 PM		
BEGINNER KRAV MAGA					5:45 PM	
KIDS KRAV MAGA (8-14 YRS)						12:30 PM
CARDIO KICKBOXING (15+)		8:10 PM		7:50 PM		