

South Elgin National Karate

Director: Michael Drescher
 Head Instructor: Natalie Kusnierewicz
 Office Admin: Cathy Drescher



1272 West Spring Street, South Elgin, IL 60177
 md@nationalkarate.com
 (847) 741 -6565
 www.chicagonk.com



EFFECTIVE: 6-1-2019

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

*** INDICATES A SPARRING CLASS**

8-12 YR OLD	MON	TUES	WED	THURS	FRI	SAT
BEGINNERS		4:30		5:45		10:40 AM
GOLD		5:10 / *5:50		5:10		11:10 AM
GREEN		5:10 / *5:50		5:10		11:10 AM
PURPLE AND BLUE		*5:50			5:15	10:00 AM
RED & BROWN STRIPE		6:20	*5:40	4:30		
BROWN - DOUBLE BLACK			5:00 / *5:40	6:15	*6:45	11:50 AM
BLACK BELTS			6:10 / *7:05		*6:45 / 7:15	11:50 AM
WEAPONS CLASS					8:00	

13 & UP	MON	TUES	WED	THURS	FRI	SAT
BEGINNERS		7:00 PM		8:35 PM		
GOLD		7:00 PM		8:35 PM		
GREEN	*7:40 PM	7:00 PM		8:35 PM		
PURPLE AND BLUE	*7:40 PM	7:00 PM		8:35 PM	5:55 PM	
RED & BROWN STRIPE	*7:40 PM	7:00 PM		8:35 PM	5:55 PM	
BROWN - DOUBLE BLACK	*7:40 / 8:20	7:00 PM		8:35 PM	5:55 PM	
BLACK BELTS	8:20 PM		7:40 / *8:35		5:55 PM	

KRAV MAGA & KICKBOXING	MON	TUES	WED	THURS	FRI	SAT
KRAV MAGA (15+)	6:50 PM			7:00 PM		
KIDS KRAV MAGA (8-14 YRS)	6:00 PM					
CARDIO KICKBOXING (15+)		8:00 PM		7:50 PM		