



# National Karate Schools

Director: Mr. John Mazzola  
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*SPARRING CLASS	ZOOM ID : 637-043-0667			PASSWORD : 970572		
4-7 YR OLD	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
WHITE BELTS	4:30PM		5:00PM			8:00AM
GOLD STRIPES	5:00PM		4:00PM			8:30AM
GREEN & PURPLE BELTS	5:30PM		5:30PM / *4:30PM			9:00AM
BLUE & UP	5:30PM		5:30PM / *4:30PM			9:00AM

8-12 YR OLDS	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
WHITE BELTS	6:00PM				4:30PM	9:30AM
GOLD BELTS	6:00PM				4:30PM	9:30AM
GREEN BELTS	6:00PM			5:50PM		10:10AM / *12:10PM
PURPLE BELTS				5:50PM	5:10PM	10:10AM / *12:10PM
BLUE & RED STRIPES				5:50PM	5:10PM	10:10AM / *12:10PM
RED & BROWN STRIPES		5:20PM		5:10PM		10:50AM / *12:50PM
BROWN BELTS		6:00PM		6:30PM		11:30AM / *12:50PM
BLACK STRIPES			6:00PM	6:30PM		11:30AM / *12:50PM
BLACK BELTS			6:50PM	7:50PM	5:50PM	*1:30PM
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ADULTS 13 & up	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
WHITE & GOLD BELTS	6:40PM				6:30PM	
GREEN & PURPLE BELTS	6:40PM	6:40PM	*8:20PM		6:30PM	
BLUE & RED STRIPE	6:40PM	6:40PM	*8:20PM		6:30PM	
RED BELTS	6:40PM	6:40PM	*8:20PM		6:30PM	
BROWN & BLACK STRIPES		7:20PM	*8:20PM	7:10PM	7:10PM	
BLACK BELTS	7:20PM	8:00PM	6:50PM / *8:20PM			
BLACK BELTS 2nd & UP	8:00PM	8:00PM	6:50PM / *8:20PM			
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KRAV MAGA & KICKBOXING	
Monday	Wednesday
8:40PM	7:30PM

15 years and up



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