



# National Karate Schools



Director: Mr. John Mazzola  
 Head Instructor: Mr Carlos Lopez  
 Instructors:  
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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			8:30AM
GOLD STRIPES	5:00PM		4:00PM			8:30AM
GREEN BELTS	5:30PM		5:30PM / *4:30PM			9:00AM
PURPLE & UP		4:00PM	5:30PM			*9:30AM

8-12 YR OLDS	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
WHITE BELTS	6:00PM			4:30PM	5:10PM	10:00AM
GOLD BELTS		4:30PM			5:10PM	10:00AM
GREEN BELTS		4:30PM			5:50PM	*10:30AM
PURPLE BELTS				5:50PM	6:30PM	*10:30AM
BLUE BELTS				5:50PM	6:30PM	*11:10AM
BLUE W / RED STRIPES		5:20PM		5:10PM		*11:10AM
RED BELTS		5:20PM		5:10PM		*11:10AM
RED W/ BROWN STRIPES		5:20PM		5:10PM		*11:50AM
BROWN BELTS		6:00PM		6:30PM		*11:50AM
BLACK STRIPES				6:30PM		*11:50AM
BLACK BELTS			6:00PM	7:50PM		

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ADULTS 13 & up	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
WHITE & GOLD BELTS	6:40PM	6:40PM			7:10PM	
GREEN & PURPLE BELTS	6:40PM	6:40PM	*7:20PM		7:10PM	
BLUE & RED STRIPE	6:40PM	6:40PM	*7:20PM		7:10PM	
RED BELTS	6:40PM	7:20PM	*7:20PM		7:10PM	
BROWN & BLACK STRIPES		7:20PM	*7:20PM	7:10PM	7:10PM	
BLACK BELTS	7:20PM	8:00PM	6:00PM /*8:00PM			
BLACK BELTS 2nd & UP	7:20PM	8:00PM	6:00PM /*8:00PM			
* SPARRING CLASS	ZOOM ID : 637-043-0667			PASSWORD : 970572		* SPARRING CLASS

KRAV MAGA & KICKBOXING		
Monday	Wednesday	Friday
8:00PM	6:40PM	7:50PM

15 years and up

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