

National Karate Schools



Director: Mr. John Mazzola Co Director: Mr Carlos Lopez Instuctors: Mrs Chloe Trakas, Mr Christopher Kalka, Ms Rachel Choice **www.ChicagoNK.com**

E-Mail: nationalkarateaurora@gmail.com - EFFECTIVE 11/1/2023

*SPARRING CLASS	ZOC	OM ID : 637-043-0	0667 P <i>l</i>	ASSWORD : 970	*SPARRING CLASS	
4-7 YR OLD	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
WHITE BELTS	4:30PM		4:30PM			9:00AM
GOLD STRIPES	5:00PM		5:00PM			9:00AM
GREEN & UP	5:30PM		5:30PM			*9:30AM

8-12 YR OLDS	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
WHITE BELTS	6:00PM				5:10PM	10:00AM
GOLD BELTS	6:00PM				5:10PM	10:00AM
GREEN BELTS		4:30PM			5:50PM	*10:30AM
PURPLE BELTS				5:50PM	5:50PM	*10:30AM
BLUE BELTS				5:50PM	5:50PM	*10:30AM
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		*11:10AM
BROWN BELTS				6:30PM	6:30PM	*11:50AM
BLACK STRIPES		6:00PM		7:10PM		*11:50AM
BLACK BELTS			6:00PM	7:50PM		*11:50AM
*SPARRING CLASS	ZOOM ID : 637-043-0667 PASSWORD : 970572				572	
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	
BLACK BELTS	7:20PM	8:00PM	6:00PM /*8:00PM			
BLACK BELTS 2nd & UP	7:20PM	8:00PM	6:00PM /*8:00PM			
* SPARRING CLASS	ZOC	OM ID : 637-043-0	0667 P/	ASSWORD : 9705	572	* SPARRING CLASS

	KRAV MAGA & KICKBOXING				
	MONDAY	WEDNESDAY	FRIDAY		
GET REWARDS with the	8:00PM	6:40PM	7:50PM		
NK APP!	15 years and up				
Your App will keep track of points you earn for referring a friend, writing a positive review & more!					
	Like us on Facebook & Check in!				
OR SCAN THE OR CODE	www.facebook.com/MartialsArtsNKAurora				
	Follow us on Inst	agram!			
Coople Play Control on the App Store	nationalkarate	eaurora			

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