



National Karate Schools



Director: Mr. John Mazzola
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*SPARRING CLASS	ZOOM ID : 637-043-0667					PASSWORD : 970572	*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 & PURPLE STRIPES	5:30PM			4:30PM		*9:30AM	
BLUE & UP STRIPES			5:30PM		4:30PM	*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		*12:30PM	
BLACK BELTS			6:00PM	7:50PM		*12:30PM	
PARENT CHILD CLASS						*** JANUARY SPECIAL	
PARENT CHILD CLASS						1:10PM ***	
ADULTS 13 & up	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	
WHITE & GOLD BELTS	6:40PM	6:40PM			7:10PM		
GREEN & PURPLE BELTS	6:40PM		*7:20PM		7:10PM		
BLUE & RED STRIPE	6:40PM		*7:20PM		7:10PM		
RED BELTS	6:40PM		*7:20PM		7:10PM		
BROWN & BLACK STRIPES	6:40PM		*7:20PM		7:10PM		
BLACK BELTS 1ST DEGREES	7:20PM	7:20PM	6:00PM / *8:00PM				
BLACK BELTS 2nd & UP	8:00PM	8:00PM	6:00PM / *8:00PM				
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Krav Maga	
WEDNESDAY	FRIDAY
6:40PM	7:50PM

13 years and up

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