



# National Karate Schools

Director: Mr. John Mazzola  
 Co - Director: Ms Rachel Choice  
[www.ChicagoNK.com](http://www.ChicagoNK.com)



Effective: 4/13/2024

<b>*SPARRING CLASS</b>						
<b>4-7 YR OLD</b>	<b>MONDAY</b>	<b>TUESDAY</b>	<b>WEDNESDAY</b>	<b>THURSDAY</b>	<b>FRIDAY</b>	<b>SATURDAY</b>
WHITE BELTS		4:30PM		4:30PM		9:00AM
GOLD STRIPES		4:30PM		4:30PM		9:00AM
GREEN & PURPLE BELTS		5:00PM		5:00PM		*9:30AM
BLUE & UP		5:00PM		5:00PM		*9:30AM

<b>8-12 YR OLDS</b>	<b>MONDAY</b>	<b>TUESDAY</b>	<b>WEDNESDAY</b>	<b>THURSDAY</b>	<b>FRIDAY</b>	<b>SATURDAY</b>
WHITE BELTS		5:30PM		5:30PM		10:00AM
GOLD BELTS		6:10PM		6:10PM		10:00AM
GREEN BELTS		6:10PM		6:10PM		*10:40AM
PURPLE BELTS		6:10PM		6:10PM		*10:40AM
BLUE BELTS		6:10PM		6:10PM		*10:40AM
RED STRIPES						*11:20AM
RED & BRN STRIPES						*11:20AM
BROWN BELTS						*11:20AM
BLACK STRIPES						*11:20AM
BLACK BELTS						*11:20AM

<b>ADULTS 13 &amp; up</b>	<b>MONDAY</b>	<b>TUESDAY</b>	<b>WEDNESDAY</b>	<b>THURSDAY</b>	<b>FRIDAY</b>	<b>SATURDAY</b>
WHITE & GOLD BELTS		6:50PM		6:50PM		
GREEN & PURPLE BELTS		*8:10PM		6:50PM		
BLUE & RED STRIPE		*8:10PM		6:50PM		
RED BELTS		*8:10PM		8:10PM		
BROWN & BLACK STRIPES		*8:10PM		8:10PM		
1ST DEGREE BLACK BELTS		*8:10PM		8:10PM		
2ND DEGREE & UP		*8:10PM		8:10PM		

**\*SPARRING CLASS**

## GET REWARDS with the NK APP!

Your App will keep track of points you earn for referring a friend, writing a positive review & more!

SEARCH APP STORE FOR  
**NATIONAL KARATE SCHOOLS**  
 OR SCAN THE QR CODE



[nationalkaratenaperville](https://www.instagram.com/nationalkaratenaperville)



[www.facebook.com/MartialArtsNKNaperville](https://www.facebook.com/MartialArtsNKNaperville)

## KRAV MAGA

TUESDAY	THURSDAY
7:30PM	7:30PM

13 years and up

1795 S. Washington Street. Suite \* 102, Naperville IL 60565 (630) 581-1500

