



National Karate Schools

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Effective: 5/2/2024

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

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

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

***SPARRING CLASS**

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KRAV MAGA	
TUESDAY	THURSDAY
7:30 PM	7:30 PM

13 years and up



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