



National Karate Schools

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Effective: 10/14/2024

*SPARRING CLASS						
4-7 YR OLD	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
WHITE BELTS		5:00 PM		5:00 PM		9:00 AM
GOLD STRIPES		5:35 PM		5:35 PM		9:35 AM
GREEN & UP	5:00 /*5:35 PM					10:10 AM

8-12 YR OLDS	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
WHITE BELTS		6:10 PM		6:10 PM		10:45 AM
GOLD BELTS		6:10 PM		6:45 PM		11:15 AM
GREEN BELTS		*6:45 PM		6:45 PM		11:15 AM
PURPLE BELTS		*6:45 PM		6:45 PM		11:55 AM
BLUE BELTS		*6:45 PM		6:45 PM		11:55 AM
RED STRIPES	6:10 PM	*6:45 PM				11:55 AM
RED & BRN STRIPES	6:10 PM	*6:45 PM				11:55 AM
BROWN BELTS						
BLACK STRIPES						
BLACK BELTS						

ADULTS 13 & up	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
WHITE & GOLD BELTS	6:45 PM			7:25 PM		
GREEN & PURPLE BELTS	7:40 PM	*7:25 PM		7:25 PM		
BLUE & RED STRIPE	7:40 PM	*7:25 PM		7:25 PM		
RED BELTS	7:40 PM	*7:25 PM		7:25 PM		
BROWN & BLACK STRIPES	7:40 PM	*7:25 PM		7:25 PM		
1ST DEGREE BLACK BELTS	7:40 PM	*7:25 PM		7:25 PM		
2ND DEGREE & UP	7:40 PM	*7:25 PM		7:25 PM		

***SPARRING CLASS**

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KRAV MAGA

TUESDAY	THURSDAY
8:05 PM	8:05 PM

13 years and up