

# Elk Grove National Karate

## Instructors

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EFFECTIVE 7-7-2025

4-7 YR OLD	MON	TUES	WED	THURS	FRI	SAT
BEGINNERS		4:15PM		5:45PM		9:30AM
GOLD STRIPES		4:45PM		5:15PM		9:30AM
GREEN & PURPLE STRIPES		5:15PM		*4:15PM		9:00AM
BLUE & UP		5:45PM		*4:45PM		9:00AM

\*Indicates A Sparring Class

8-12 YR OLDS	MON	TUES	WED	THURS	FRI	SAT
BEGINNERS		6:15PM		6:15PM		10:00AM
GOLD	5:40PM				5:00PM	10:40AM
GREEN	5:40PM		*5:00PM		5:00PM	10:40AM
PURPLE AND BLUE	5:00PM		*5:00PM			11:20AM
BLUE W /RED STRIPE THRU RED W/ BROWN STRIPE	6:20PM		*5:40PM			12:00PM
BROWN - DOUBLE BLACK		6:45PM			5:30PM	*12:40PM
BLACK BELT	7:00PM		6:20PM	*7:30PM		
CANDIDATE CLASS					6:10PM	

ADULTS 13 & UP	MON	TUES	WED	THURS	FRI	SAT
WHITE & GOLD BELTS		7:25PM		6:45PM		
GREEN THRU DOUBLE BLACK		7:25PM		6:45PM / *7:30PM		
BLACK BELT	7:00PM		6:20PM	*7:30PM		

KRAV MAGA	MON	TUES	WED	THURS	FRI	SAT
KRAV MAGA - SELF DEFENSE	7:45PM		7:10PM			

