



National Karate Schools

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Effective: 10/1/25

*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		9:00 AM
GREEN BELTS	*5:00PM / 5:35PM					10:10 AM
PURPLE & UP BELTS			*5:00PM / 5:35PM			10:10 AM

8-12 YR OLDS	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
WHITE BELTS		6:10 PM		6:10 PM		9:35 AM
GOLD BELTS		6:10 PM		6:10 PM		10:40 AM
GREEN BELTS	6:10 PM			*6:50 PM		10:40 AM
PURPLE BELTS	6:10 PM			*6:50 PM		11:20 AM
BLUE BELTS	6:10 PM	*6:50 PM				11:20 AM
RED STRIPES	6:10 PM	*6:50 PM				11:20 AM
RED & BRN STRIPES			*6:10PM / 6:50PM			12:00 PM
BROWN BELTS			*6:10PM / 6:50PM			12:40 PM
BLACK STRIPES			*6:10PM / 6:50PM			12:40 PM
BLACK BELTS			*6:10PM / 6:50PM			12:40 PM

ADULTS 13 & up	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
WHITE & GOLD BELTS	6:50 PM			7:30 PM		
GREEN & PURPLE BELTS	6:50 PM	*7:30 PM		7:30 PM		
BLUE & RED STRIPE	6:50 PM	*7:30 PM		7:30 PM		
RED BELTS	6:50 PM	*7:30 PM		7:30 PM		
BROWN & BLACK STRIPES	6:50 PM	*7:30 PM		7:30 PM		
1ST DEGREE BLACK BELTS	6:50 PM	*7:30 PM		7:30 PM		
2ND DEGREE & UP	6:50 PM	*7:30 PM		7:30 PM		

*SPARRING CLASS	KRAV MAGA			
	MONDAY	WEDNESDAY		
	6:50 PM	7:30 PM		

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