



National Karate Schools

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Effective: 1/1/2026

*SPARRING CLASS						
4-7 YR OLD	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
WHITE BELTS		5:00 PM		5:00 PM		9:00 AM
GOLD BELTS		5:30 PM		5:30 PM		9:00 AM
GREEN BELTS	*5:00PM / 5:30PM					10:10 AM
PURPLE & UP BELTS			*5:00PM / 5:30PM			10:10 AM

8-12 YR OLDS	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
WHITE BELTS		6:00 PM		6:00 PM		9:35 AM
GOLD BELTS		6:00 PM		6:00 PM		10:40 AM
GREEN BELTS	*6:00 PM / 6:40 PM					10:40 AM
PURPLE BELTS	*6:00 PM / 6:40 PM					11:20 AM
BLUE BELTS		*6:40 PM / 7:20PM				11:20 AM
RED STRIPES		*6:40 PM / 7:20PM				11:20 AM
RED & BRN STRIPES			*6:00PM / 6:40PM			12:00 PM
BROWN BELTS			*6:00PM / 6:40PM			12:40 PM
BLACK STRIPES			*6:00PM / 6:40PM			12:40 PM
BLACK BELTS			*6:00PM / 6:40PM			12:40 PM

ADULTS 13 & up	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
WHITE & GOLD BELTS	7:20 PM			6:40 PM		
GREEN & PURPLE BELTS	7:20 PM			6:40 PM / *7:20 PM		
BLUE & RED STRIPE	7:20 PM			6:40 PM / *7:20 PM		
RED BELTS	7:20 PM			6:40 PM / *7:20 PM		
BROWN & BLACK STRIPES	7:20 PM			6:40 PM / *7:20 PM		
1ST DEGREE BLACK BELTS	7:20 PM			6:40 PM / *7:20 PM		
2ND DEGREE & UP	7:20 PM			6:40 PM / *7:20 PM		

*SPARRING CLASS	KRAB MAGA	
	MONDAY	WEDNESDAY
	7:20 PM	7:20 PM

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