



National Karate Schools

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*SPARRING CLASS							*SPARRING CLASS
4-7 YR OLD	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	
WHITE BELTS	4:30PM		4:30PM			9:00AM	
GOLD STRIPES	5:00PM		5:00PM			9:00AM	
GREEN & PURPLE STRIPES			5:30 PM	4:30PM		*10:10AM	
BLUE & UP STRIPES	5:30 PM				4:30PM	*10:10AM	
8-12 YR OLDS	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	
WHITE BELTS		6:30 PM			5:00PM	9:30AM	
GOLD BELTS		4:30PM			5:30PM	9:30AM	
GREEN BELTS		4:30PM			5:30PM	*10:40AM	
PURPLE BELTS				5:50PM	6:10 PM	*10:40AM	
BLUE BELTS				5:50PM	6:10 PM	*11:20AM	
BLUE W / RED STRIPES				5:50 PM	6:10 PM	*11:20AM	
RED BELTS		5:10 PM		5:10PM		*11:20AM	
RED W / BROWN STRIPES		5:10 PM		5:10PM		*12:00PM	
BROWN BELTS		5:50 PM		6:30PM		*12:00PM	
BLACK STRIPES	6:00PM			6:30PM	6:50PM Candidate Class	*12:40PM	
BLACK BELTS 1ST DEGREES	8:00PM	7:40PM	6:00PM			*12:40PM	
BLACK BELTS 2ND DEGREES	8:00PM	8:20PM				*12:40PM	
*SPARRING CLASS			Krav Maga			*SPARRING CLASS	
ADULTS 13 & up	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	
KRAV MAGA			6:40PM		7:30PM		
ADULTS 13 & up	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	
WHITE & GOLD BELTS	6:40PM	7:00 PM		7:10PM			
GREEN & PURPLE BELTS	6:40PM		*7:20PM	7:10PM			
BLUE & RED STRIPE	6:40PM		*7:20PM	7:10PM			
RED BELTS	7:20PM		*7:20PM	7:10PM			
BROWN & BLACK STRIPES	7:20PM		*7:20PM	7:10PM			
BLACK BELTS 1ST DEGREES	8:00PM	7:40 PM	6:00PM /*8:00PM				
BLACK BELTS 2nd & UP	8:00PM	8:20 PM	6:00PM /*8:00PM				

App

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Get the NK App to view the Class Schedule, get REWARDS, watch Training Videos & more!