



# National Karate Schools

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* 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		5:30 PM		5:30 PM		10:00 AM
GREEN STRIPES	*5:00PM / 5:30PM					10:30 AM
PURPLE & BLUE STRIPES			*5:00PM / 5:30PM			10:30 AM
RED & UP STRIPES					*5:00PM / 5:30PM	10:30 AM
8-12 YR OLDS	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
WHITE BELTS		6:00 PM		6:00 PM		9:30 AM
GOLD BELTS		6:00 PM		6:00 PM		11:00 AM
GREEN BELTS	*6:00 PM / 6:40 PM					11:00 AM
PURPLE BELTS					*6:00 PM / 6:40 PM	11:40 AM
BLUE BELTS		*6:40 PM / 7:20PM				11:40 AM
RED STRIPES		*6:40 PM / 7:20PM				11:40 AM
RED & BRN STRIPES		*6:40PM			7:20 PM	12:20 PM
BROWN BELTS			*6:00PM / 6:40PM			1:00 PM
BLACK STRIPES			*6:00PM / 6:40PM			1:00 PM
BLACK BELTS	8:00 PM		*6:00PM / 6:40PM			
KRAB MAGA	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
13 YEARS & UP	7:20 PM		7:20 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 / 8:00 PM		7:20 PM / *8:00 PM			
1ST DEGREE BLACK BELTS	7:20 PM / 8:00 PM		7:20 PM / *8:00 PM			
2ND DEGREE & UP	7:20 PM / 8:00 PM		7:20 PM / *8:00 PM			
* SPARRING CLASS						