



National Karate Schools
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Effective Date: **8/1/2026**



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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				5:40PM	6:10 PM	*10:40AM
BLUE BELTS				5:40PM	6:10 PM	*11:20AM
BLUE W / RED STRIPES				5:40PM	6:10 PM	*11:20AM
RED BELTS		5:10 PM		5:00PM		*11:20AM
RED W / BROWN STRIPES		5:10 PM		5:00PM		*12:00PM
BROWN BELTS		5:50 PM		6:20PM		*12:00PM
BLACK STRIPES	6:00PM			6:20PM	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						*SPARRING CLASS
Krav Maga						
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		7:00PM		
GREEN & PURPLE BELTS	6:40PM		*7:20PM	7:00PM		
BLUE & RED STRIPE	6:40PM		*7:20PM	7:00PM		
RED BELTS	7:20PM		*7:20PM	7:00PM		
BROWN & BLACK STRIPES	7:20PM		*7:20PM	7:00PM		
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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