

NATIONAL KARATE SCHOOLS: ANDOVER



Director/Instructor: Ms. Sue Lomasney
 Asst. Instructor: Mr. Brian Sherve
 Asst. Instructor: Ms. Erin Nelson

Hanson Commons II
 1574 154th Av. NW
 Andover, MN 55304
 (763) 421-0025

Effective: 2/1/06

Children's Schedule: 5-7 Years

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Level I		5:40				10:30
Level II		5:10				10:00
Level III			**5:00			9:30

**Sparring

Youth's Schedule: 8-12 Years

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
No/White Belts	5:00		6:10		5:00	11:00
Gold & Green Str Belts	4:30		5:40		5:00	11:00
Green Belts	4:30		5:40		**5:30	11:30
Purple Str & Purple Belts	5:30			5:50	**5:30	11:30
Blue Stripe Belts	5:30			5:50	**5:30	11:30
Blue & Blue Red Str Belts		6:10		4:30	**5:30	11:30
Red and Brown Str Belts		6:10		4:30	**6:10	12:00
Brown Belts		4:30		5:10	**6:10	12:00
Sgl & Dbl Black Str Belts		4:30		5:10	**6:10	12:00
Black Belts	7:00		7:20		**6:10	12:00

**Youth Sparring Class

Adult's Day Schedule

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
No/White Belt		11:30		11:30		12:40
Gold Belts & up		11:30		11:30		12:40

Adult's Evening Schedule

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
No/White Belts	6:10	*7:30	6:40	*7:15		12:40
Gold & Green Str Belts	6:10/**7:00	*7:30	6:40	*7:15		12:40
Green & Purple Str Belts	**7:00	6:50/*7:30		6:30/*7:15	6:50	12:40
Purple & Blue Str Belts	**7:00	6:50/*7:30		6:30/*7:15	6:50	12:40
Blue & Red Str Belts	**7:00	6:50/*7:30		6:30/*7:15	6:50	12:40
Red & Brown Str Belts	**7:00	*7:30	7:20	*7:15	6:50	12:40
Brown Belts	**7:00	*7:30	7:20	*7:15	6:50	12:40
Black Stripe Belts	**7:00	*7:30	7:20	*7:15	6:50	12:40
Dbl Black Str Belts	**7:00	*7:30	7:20	*7:15	6:50	12:40
Black Belts	**7:00	*7:30	7:20	*7:15	6:50	12:40

**Sparring

*Padwork/Kickboxing/Flexibility