



National Karate Schools

Apple Valley Eagan Savage Hastings Cottage Grove

952-431-3130 651-452-7073 952-440-2333 651-437-8440 651-769-0088

Updated April 2011

Hastings

Director: Gary Hui

Assistant Instructors:

Nate Hicks
Jared Bohlken

Wes Evansen

Childrens Schedule (Ages 5 - 7)

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
No/Whit/1 Gold Stp		5:30		5:00		10:30
2 Gold Stps & Up	5:30		5:00			11:00

Youth Schedule

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
No/White Belt	5:00		5:30			11:30
Gold Belt		6:00		5:30		12:00
Green Belt		6:00		5:30		12:00
Purple/Blue Belt		5:00		6:00		12:30
Red Belts	6:00		6:00			1:00
Brown/1st Blk Stp	6:00		6:00			1:00
2nd Blk Stp/Black	6:00		6:00			1:00
			Youth Sparring 6:30			

Adult Schedule

Evenings	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
No/White Belt	7:15			7:15		
Gold Belt	6:30		7:15			9:45
Green/Purple Belt	6:30		7:15			9:45
Blue Belt	6:30		7:15			9:45
Red Belt		6:30		6:30		9:45
Brown/1st Blk Stp		6:30		6:30		9:45
2nd Blk Stp/Black		6:30		6:30		9:45
		Teen/Adult Sparring 7:15				