

NATIONAL KARATE SCHOOLS: RAMSEY



Director/Instructor: Mr. Gregg Sutherland
 Instructor: Ms. Jenny Johnson-Blanchard
 Asst. Instructor: Ms. Jacque Hardrath
 Asst. Instructor: Ms. Andrea Hardrath
 Asst. Instructor: Mr. Zack Nelson
 Effective: 10/9/06

Rivers Bend Plaza
 14007 St. Francis Blvd.
 Ramsey, MN 55303
 (763) 421-1800

Children's Schedule: 5-7 Years

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Level I			5:30			10:30
Level II				5:00		10:30
Level III		5:00				**9:45

**Sparring

Youth's Schedule: 8-12 Years

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
No/White Belts		6:15		6:15		11:00
Gold & Green Str Belts	5:45		5:00			11:00
Green Belts	5:45		5:00		**6:00	
Purple Str & Purple Belts		6:45			5:30/**6:00	
Blue Stripe Belts		6:45			5:30/**6:00	
Blue & Blue Red Str Belts	5:00			5:30	**6:00	
Red and Brown Str Belts	5:00			5:30		**11:30
Brown Belts		5:30			4:45	**11:30
Sgl & Dbl Black Str Belts		5:30			4:45	**11:30
Black Belts	6:15					**11:30

**Youth Sparring Class

Adult's Day Schedule

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
No/White Belt						*9:00 am
Gold Belts & up						*9:00 am

Adult's Evening Schedule

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
No/White Belts	7:00		*7:15	6:45		*9:00 am
Gold & Green Str Belts	7:00		6:30/*7:15		**6:40	*9:00 am
Green & Purple Str Belts	7:00		6:30/*7:15		**6:40	*9:00 am
Purple & Blue Str Belts	7:00		6:30/*7:15		**6:40	*9:00 am
Blue & Red Str Belts	7:00		6:30/*7:15		**6:40	*9:00 am
Red & Brown Str Belts		7:15	*7:15	7:15	**6:40	*9:00 am
Brown Belts		7:15	*7:15	7:15	**6:40	*9:00 am
Black Stripe Belts		7:15	*7:15	7:15	**6:40	*9:00 am
Dbl Black Str Belts		7:15	*7:15	7:15	**6:40	*9:00 am
Black Belts	6:15		*7:15	7:15	**6:40	*9:00 am

**Sparring

*Padwork/Kickboxing