Apple Valley National Karate Schedule

Owner: Mrs. Libby Gangopadhyay
Director: Mr. Shonal Gangopadhyay
Asst. Instructor: Ms. Emma Bendickson
Asst. Instructor: Mr. Tyler Bendickson
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Effective: 8/31/2026

Little Masters (5-7 years old)

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
White Belt	4:45		5:15	5:45		9:45
Gold Stripe(s)	4:45		5:15	5:45		9:45
Green Stripe(s) & Up	5:15		4:45		*5:30*	9:45

Youth Schedule (8-12 years old)

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
White Belt		4:45		5:15	6:00	10:15
Gold Belt		4:45		5:15	6:00	10:15
Green Belt		5:15	*5:45*	6:15		*11:30*
Purple Belt		5:15	*5:45*	6:15		*11:30*
Blue Belt		5:15	*5:45*	4:45		*11:30*
Red Belt	5:45		6:30		*4:45*	*12:15*
Brown Belt	6:30		6:30		*4:45*	*12:15*
Black Belt		6:00		7:15	*4:45*	*12:15*

Teen & Adult Schedule

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
White Belt	7:15				6:30	1:00
Gold Belt	7:15				6:30	1:00
Green Belt		7:30	*7:15*	6:45		*10:45*
Purple Belt		7:30	*7:15*	6:45		*10:45*
Blue Belt		7:30	*7:15*	6:45		*10:45*
Red Belt		7:30	*7:15*	6:45		*10:45*
Brown Belt		7:30	*7:15*	6:45		*10:45*
Black Belt		6:45	*7:15*	7:15		*10:45*
2nd dg and higher		6:45	*7:15*	8:00		*10:45*
Kickboxing	7:45					9:00

* Sparring *