

National Karate Schools: Andover



Director
Head Instructor:
Instructor:

Ms. Sue Lomasney
Mr. Brian Sherve
Ms. Elise Sherve

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

Effective:9/1/15

Children's Schedule: 4-7 Years

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Level I		5:40	4:30			10:30
Level II		5:10	4:30			10:00
Level III			4:30/**5:00			9:30

** Sparring

Youth 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 Str Belts	5:30			5:50	**5:30	11:30
Blue & Red Str Belts		6:10		4:30	**5:30	11:30
Red & Brown Str Belts		6:10		4:30	**6:10	12:00
Brown Belts & Black Stripe		4:30		5:10	**6:10	12:00
Double Black Stripe Belts		4:30	6:40	5:10	**6:10	12:00
Black Belts		7:30	6:40		**6:10/ 6:50	12:00
Advanced Black Belts			7:30		**6:10/ 6:50	12:00

**Youth Sparring Class

Adult's Day Schedule

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
All Levels		11:30		11:30		*12:40

Adult's Evening Schedule

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

**Sparring

*Padwork/Kickboxing/Flexibility

Private Lessons- By Appointment Only