



# National Karate Schools

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4-7 YR OLD	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
WHITE BELTS	5:05PM		5:05PM			9:35AM
GOLD STRIPES	5:40PM		4:30PM			9:00AM
GREEN & PURPLE BELTS		*4:40PM	5:40PM			10:10AM
BLUE & UP	*4:30PM	5:10PM				10:45AM

Maximum of two classes per week for 4 - 7 yr olds

8-12 YR OLDS	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
WHITE BELTS	6:15PM				5:10PM	11:20AM
GOLD BELTS	6:50PM				5:40PM	11:20AM
GREEN BELTS	6:50PM			*6:00PM	5:40PM	11:50AM
PURPLE BELTS				*6:00PM	6:20PM	11:50AM
BLUE & RED STRIPES				*6:00PM	6:20PM	11:50AM
RED & BROWN STRIPES		*5:40PM		5:20PM		12:30PM
BROWN BELTS		*5:40PM		6:40PM		1:10PM
BLACK STRIPES		*6:20PM		6:40PM		1:10PM
BLACK BELTS		7:40PM	*6:10PM	8:00PM		

Maximum of three classes per week for 8 - 12 yr olds

ADULTS	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
WHITE & GOLD BELTS			7:40PM		7:00PM	
GREEN & PURPLE BELTS	*8:20PM	7:00PM			7:40PM	
BLUE & RED STRIPE	*8:20PM	7:00PM			7:40PM	
RED BELTS	*8:20PM	7:00PM		7:20PM	7:40PM	
BROWN & BLACK STRIPES	*8:20PM	7:00PM		7:20PM	7:40PM	
BLACK BELTS	*8:20PM	7:40PM		8:00PM	7:40PM	

\* Sparring Class



## KRAV MAGA

Monday	Wednesday
7:35PM	7:00PM

KRAV MAGA 16 years and up

## CARDIO KICKBOXING

Wednesday	Saturday
8:20PM	8:15AM

Kickboxing 13 years and up



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