National Karate

Owner/Director: Mr. Joe Boone
Instructors: Mr. Xiong, Ms. Rendon, Mr. Stentz, Mr. Guzman

9464 HEMLOCK LN N
MAPLE GROVE, MN
763-424-8868

Workout Room 1	Workout Room 2

Children Ages 4-6

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
White Belt	5:00			5:00	5:45	9:00
1 & 2 Gold Stripes	5:00			5:00	5:45	9:00
Green & Purple St	5:00			5:00	5:30*	9:00
Blue Stripes & up	5:00			5:00	5:30*	9:00
Introductory						

Sparring*

Youth Ages 7-12

	Monday	Tuesday		Wednesday	Thursday	Friday	Saturday	
White Belt			5:00		6:15	5:00	9:30	
Gold Belt			5:00		6:15	5:00	9:30	
Green Stripe			5:00		6:15	5:00	9:30	
Green Belt	5:30		5:40*	5:45		5:00	10:00*	10:45
Purple Stripe	5:30		5:40*	5:45		5:00	10:00*	10:45
Purple Belt	5:30		5:40*	5:45		5:00	10:00*	10:45
Blue Stripe	5:30		5:40*	5:45		5:00	10:00*	10:45
Blue Belt		5:00	5:40*	5:00	6:15		10:00*	10:45
Red Stripe		5:00	5:40*	5:00	6:15		10:00*	10:45
Red Belt				6:15	5:30*	6:15	10:00	10:45*
Brown Stripe				6:15	5:30*	6:15	10:00	10:45*
Brown Belt				6:15	5:30*	6:15	10:00	10:45*
Blk Str/Dbl Blk				6:15	5:30*	6:15	10:00	10:45*
1st Deg	6:50				5:30*	6:15		10:45*
2nd Deg & Higher	6:50					7:00		10:45*

sparring

Adult/Teen Day Classes

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
All Belts		11:00 AM		11:00 AM		

Adult/Teen Evening & Sat. Classes

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
White Belt	6:00	5:30		6:45		12:15**
Gold Belt	6:00	5:30		6:45		12:15**
Green Belt	6:00	5:30/6:30*		6:45		11:20*/ 12:15**
Purple Belt	6:00	5:30/6:30*		6:45		11:20*/12:15**
Blue Stripe	6:00	5:30/6:30*		6:45		11:20*/12:15**
Blue Belt	6:00	6:30*		6:45		11:20*/12:15**
Red Belt	6:00	6:30*		7:00		11:20*/12:15**
Brown Belt	6:00	6:30*		7:00		11:20*/12:15**
Blk Str/Dbl Blk	6:00	6:30*		7:00		11:20*/12:15**
1st Deg	6:50	6:30*			6:15	11:20*/12:15**
2nd Deg & Higher	6:50	6:30 *			7:00	11:20*/12:15**
Krav Maga/Cardio Kbox	7:30	7:15**	7:00			8:00AM

sparring *****instructor approval required***