



Bloomington National Karate

www.ChicagoNK.com

Director: Ms. Langley
 Head Instructor: Mr. Payne
 Instructor(s): Ms. Neil, Ms. Smith, Mrs. Fieri

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EFFECTIVE 4/2/2018

CHILDREN 4 - 7

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
BEGINNERS	4:30		5:30			9:00
GOLD	5:00		5:00			8:30
GREEN	*5:30/5:00		5:00			9:30/10:00*
PURPLE & UP	*5:30/6:00		4:30			9:30/10:00*

***Sparring Class** *Maximum of 2 classes per week for 4-7 Year Olds*

YOUTH 8 - 12

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
BEGINNERS		6:30			5:00	10:30
GOLD BELTS		5:00		5:00		10:30
GREEN BELTS		5:00/5:45*		5:00		
PURPLE BELTS		5:45*	6:00		5:30	
BLUE BELTS		5:45*	6:00		5:30	
RED BELTS	6:30			*5:45	6:15	*11:00
BROWN BELTS	6:30		6:45	*5:45		*11:00
BLACK STRIPES	6:30		6:45	*5:45		*11:00
DOUBLE BLACK			6:45	*5:45	**7:45	*11:00
BLACK BELTS		7:00		*5:45	7:00	*11:00

***Sparring Class** *Maximum of 3 classes per week for 8-12 Year Olds*

ADULTS 13 & UP

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
BEGINNERS	8:05		7:30	6:30		
GOLD BELTS	8:05		7:30	6:30		
GREEN BELTS	8:05		*8:00	6:30		
PURPLE BELTS	8:05		*8:00	6:30		
BLUE BELTS	8:05		*8:00	6:30		
RED BELTS	8:05		*8:00	6:30		
BROWN BELTS	8:05		*8:00	6:30		
BLACK STRIPES	8:05		*8:00	6:30		
DOUBLE BLACK	8:05		*8:00	6:30	**7:45	
BLACK BELTS		7:00	*8:00			11:45

Sparring** *Candidate Class** (Youth Double black, Year Round) (Adult Candidates added to class at later scheduled time)



KRAV MAGA

Monday	Thursday	Saturday
7:15PM	7:15PM	12:30 PM

KRAV MAGA 16 years and up

CARDIO KICKBOXING

Tuesday
8:00PM

Kickboxing 16 years and up