September 2026 Schedule

651-769-0088

Co-Directors: Dan McDonough, Dave Stelton

Sr Instructor: Sam Forthun

Instructors: Gary Hansen, Kolmellen Monroe, John Dugas, JoAnna Collins

Assist. Instructors: Dawn LeVesque, Sophia LeVesque, Mel Williams, Michael Simones, Maria Balandin

	Rank	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Little Masters	White Belt		5:00		5:30		12:00
	Gold Stripes		5:00		5:30		12:00
	Green Stripes		5:30		5:00		12:00
	Purple Stripes		5:30		5:00		12:00
	Blue Stripes		5:30		5:00		12:00
	Red Stripes	5:30		6:10			12:00
	Brown Stripes	5:30		6:10			12:00
Youth Schedule	White Belt	5:30		6:10			11:30
	Gold Belt	5:30		6:10			11:30
	Green Belt	5:00		5:40			11:00
	Purple Belt	5:00		5:40			11:00
	Blue Belt	6:00		5:00			10:30
	Red Belt	6:00		5:00			10:30
	Brown Belt	6:40		6:40		6:20	
	Black Belt		7:10		6:00		9:50
Teen / Adult Schedule	White Belt	7:20		7:20			9:10
	Gold Belt	7:20		7:20			9:10
	Green Belt	7:20		7:20			9:10
	Purple Belt	7:20		7:20			9:10
	Blue Belt	7:20		7:20			9:10
	Red Belt	7:20		7:20			9:10
	Brown Belt	7:20		7:20			9:10
	Black Belt	8:00			6:40		8:30
Sparring	** Youth ** Level 0-2		6:00			5:20	
	** Youth ** Level 3-5		6:30			5:50	
	** Teen/Adult ** Level 1-5		7:50		7:20		

** Sparring classes level 1-5 require full set of NK approved sparring gear. **