

National Karate

Might for Right!

Director: James Quinn
Assistant Instructor: Noah Lukan

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Little Masters

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday(am)
No/White/1st Gold		6:15		5:15		8:30
2nd Gold		5:15		6:15		9:00
Green/Adv Stripe		5:15		6:15		9:00

Youth Schedule

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday(am)
No/White Belt		5:45		6:45		9:30
Gold/Green Stripe	5:45		5:45			10:00
Green/Purple Stripe	5:45		5:45			10:00
Purple/Blue Stripe	5:15		5:45			10:00
Blue/Red Stripe	5:15		7:30			10:30
Red/Brown Stripe	6:45		7:30			10:30
Brown	6:45		7:30			10:30
Black Stripe(s)		6:45/7:15**		5:45		11:00
Black		6:45/7:15**		5:45		11:00
Sparring Level I			6:20**			
Sparring Level II			7:00**			

**Sparring level to be determined by Mr. Quinn

Teen & Adult Schedule

Evening Classes	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday (am)
No/White Belt	8:00			8:00		11:30
Gold/Green Stripe	8:00		8:00	7:15***		11:30
Green/Purple Stripe	8:00		8:00	7:15***		11:30
Purple/Blue Stripe	8:00		8:00	7:15***		11:30
Blue/Red Stripe	8:00		8:00	7:15***		11:30
Red/Brown Stripe	7:15		8:00	7:15***		11:30
Brown	7:15		8:00	7:15***		11:30
Black Stripe(s)	7:15		8:00	7:15***		11:30
Black	7:15		8:00	7:15***		11:30
	*OPEN GYM ALL BELTS Yth/Ad 6:15		*OPEN GYM ALL BELTS Yth/Ad 5:15			

*Open Gym - Not a formal class but available for Youth & Adult students to practice

/Sparring classes

For more information, go to www.nationalkarate.com