

# NATIONAL KARATE

DIRECTOR: MR. JOE BOONE

HEAD INSTRUCTOR: MR. DYLAN CALHOON

INSTRUCTORS: MR. LUKE VAN HORN

MR. AAYUSH GUPTA

## MIGHT FOR RIGHT!

PLYMOUTH

763-551-5905

Children Ages 4-6

Effective: 2/1/2019

Belt Level	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
White	4:30		6:10	5:50		8:45
Gold Stripe(s)	4:30		6:10	5:50		8:45
Green Stripe(s)	5:00		6:40		5:10*	8:45
Purple Str & Up	5:00		6:40		5:10*	8:45

Sparring\*

Belt Level	Monday	Tuesday	Wednesday	Thursday	Friday	Sparring* Saturday
White Belt		4:30		6:20	5:40	9:15
Gold Belt		4:30		6:20	5:40	9:15
Green Belt		5:10	5:20*	5:10		9:45*
Purple Belt		5:10	5:20*	5:10		9:45*
Blue Stripe		5:50	5:20*	4:30		9:45*
Blue Belt		5:50	5:20*	4:30		9:45*
Red Belt	5:30		4:30		4:30*	9:45*
Brown Belt	6:10		4:30		4:30*	9:45*
Black 1st degree	6:50	6:30		7:40	4:30*	9:45*

### KRAV MAGA / KICKBOXING

NK School	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
PLYMOUTH		8:00 Sparring	7:10 KRAV			11:10 kickbox
W. BLOOMINGTON		6:00 KRAV	8:00 kickbox	7:50 KRAV		11:50 kickbox
HOPKINS	8:00 kickbox		6:10 KRAV			9:00 KRAV
BROOKLYN PARK		7:30 KRAV	7:15 kickbox			10:20 kickbox
EDEN PRAIRIE	6:30 KRAV					
EDINA	7:45 KRAV					1:00 KRAV
SOUTH MPLS		7:40 KRAV		6:30 KRAV		8:30 kickbox

### Adult Evening Classes

Belt Level	Sparring* Monday	Tuesday	Wednesday	Sparring* Thursday	Friday	Saturday
White Belt	7:30		8:00		6:20	11:50
Gold Belt	7:30		8:00		6:20	11:50
Green Belt	8:00*	7:20		6:50		10:25*
Purple Belt	8:00*	7:20		6:50		10:25*
Blue Belt	8:00*	7:20		6:50		10:25*
Red Belt	8:00*	7:20		6:50		10:25*
Brown Belt	8:00*	7:20		6:50		10:25*
Blk Str/Dbk Blk	8:00*	7:20		6:50		10:25*
1st Degree Blk	6:50/8:00*	6:30		7:40	Sword class	10:25*
2nd degree & up	6:50/8:00*	6:30		7:40	7:00	10:25*
Advanced Kickboxing		8:00				