

# NATIONAL KARATE SCHOOLS: RAMSEY



Director/Instructor: Mr. Gregg Sutherland  
 Instructor: Ms. Ashley Fondren  
 Instructor: Ms. Emily Babler  
 Instructor: Ms. Shannon Olson  
 Instructor: Mr. Patrick Torgersen

Rivers Bend Plaza  
 14050 St. Francis Blvd.  
 Ramsey, MN 55303  
 (763) 421-1800  
 www.nationalkarate.com

Effective: 11/15/2014

## Little Masters Schedule: 5-7 Years

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Level I			5:30			10:30
Level II				5:00		**10:00
Level III				5:00		**10:00

\*\*Sparring. Students need to be in gear and ready for class at this time

## Youth Schedule: 8-12 Years

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
No/White Belts		6:15		6:15		11:00
Gold & Green Str Belts	5:45		5:00			11:00
Green Belts	5:45		5:00		**6:00	
Purple Str & Purple Belts		6:45			5:30/**6:00	
Blue Stripe Belts		6:45			5:30/**6:00	
Blue & Blue Red Str Belts	5:00			5:30	**6:00	
Red and Brown Str Belts	5:00			5:30		**11:30
Brown Belts		5:30			4:45	**11:30
Sgl & Dbl Black Str Belts		5:30			4:45	**11:30
Black Belts	6:15		6:15			**11:30

\*\*Sparring. Students need to be in gear and ready for class at this time

## \*Adult Day Schedule: Andover Location

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
All Levels		11:30		11:30		

## Adult Evening Schedule

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
No/White Belts	7:00		*7:15	6:45		*9:00 am
Gold & Green Str Belts	7:00		*7:15	7:15	**6:40	*9:00 am
Green & Purple Str Belts	7:00		*7:15	7:15	**6:40	*9:00 am
Purple & Blue Str Belts	7:00		*7:15	7:15	**6:40	*9:00 am
Blue & Red Str Belts	7:00		*7:15	7:15	**6:40	*9:00 am
Red & Brown Str Belts		7:15	*7:15	7:15	**6:40	*9:00 am
Brown Belts		7:15	*7:15	7:15	**6:40	*9:00 am
Black Stripe Belts		7:15	*7:15	7:15	**6:40	*9:00 am
Dbl Black Str Belts		7:15	*7:15	7:15	**6:40	*9:00 am
Black Belts	6:15		6:15/*7:15		**6:40	*9:00 am

\*\*Sparring

\*Padwork/Kickboxing

## Private Lessons- by Appointment

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Individual or Small Group	4:00-5:00	4:00-5:00	4:00-5:00	4:00-5:00	4:00-4:30	12:30- --