

National Karate

School Owner: Mr. Jeff Sidner
 Head Instructor: Ms. Samantha Barron
 Instructors: Ms. Haley Barron, Ms. Anna Smith

West Bloomington

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Children Ages 4-6

Effective 1/4/2020

Belt Level	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
White Belt	4:30		5:00		5:10	10:15 AM
1 & 2 Gold Stripes	4:30		5:00		5:10	10:15 AM
Green & Blue Stripes	5:00	4:30		5:10**		10:15 AM
Red Stripes & Higher	5:00	4:30		5:10**		11:00 AM (youth class)
<i>Children's Exam</i>						10:45 AM

Sparring**

Children's Exam

Youth Ages 7-12

White Belt		5:00	4:30		5:40	11:00 AM
Gold Belt		5:00	4:30		5:40	11:00 AM
Green Stripe		5:00	4:30		5:40	11:00 AM
Green Belt	5:30**		5:30		4:30	11:30/1:40**
Purple Stripe	5:30**		5:30		4:30	11:30/1:40**
Purple Belt	5:30**		5:30		4:30	11:30/1:40**
Blue Stripe	5:30**	5:30		4:30		11:30/1:40**
Blue Belt	5:30**	5:30		4:30		11:30/1:40**
Red Stripe	5:30**	5:30		4:30		11:30/1:40**
Red Belt	6:10**		6:00	5:40		12:10/1:40**
Brown Stripe	6:10**		6:00	5:40		12:10/1:40**
Brown Belt	6:10**		6:00	5:40		12:10/1:40**
Blk Str/Dbk Blk	6:10**		6:00	5:40	6:10***	12:10/1:40**
Black Belt	6:10**	7:00		7:00		12:10/1:40**

Sparring**

Screening Prep Class***

Adult Day Classes 13 & Up

Belt Level	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
White/Gold		11:30 - S. Mpls NK	11:30 am (all levels) - Eden Prairie NK	11:30 - S. Mpls NK	11:30 am (all levels) - Eden Prairie NK	
Green & Up		12:10 - S. Mpls NK		12:10 - S. Mpls NK		

Adult Evening Classes

Belt Level	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Yoga						9:00 AM
White Belt		7:50	6:40	6:20		12:50 *
Gold Belt		7:50	6:40	6:20		12:50 *
Green Stripe		7:50	6:40	6:20		12:50 *
Green Belt	6:50/7:40**	7:50		6:20		12:50*/1:40**
Purple Stripe	6:50/7:40**	7:50		6:20		12:50*/1:40**
Purple Belt	6:50/7:40**	7:50		6:20		12:50*/1:40**
Blue Stripe	6:50/7:40**	7:50		6:20		12:50*/1:40**
Blue Belt	6:50/7:40**	7:50		6:20		12:50*/1:40**
Red Stripe	6:50/7:40**	7:50		6:20		12:50*/1:40**
Red Belt	6:50/7:40**		7:20		6:10***	12:50*/1:40**
Brown Stripe	6:50/7:40**		7:20		6:10***	12:50*/1:40**
Brown Belt	6:50/7:40**		7:20		6:10***	12:50*/1:40**
Blk Str/Dbk Blk	6:50/7:40**		7:20		6:10***	12:50*/1:40**
Black Belt	6:50/7:40**	7:00		7:00		12:50*/1:40**
Krav Maga		6:00		7:50		12:50*/1:40**
Kickboxing			8:00			12:50 PM

Sparring**

Screening Prep Class***Kickboxing*

Kick Boxing*/Sparring**