



South Minneapolis National Karate



Owner/Head Instructor:

Mr. Jeff Sidner - 6th Degree Black Belt

Senior Instructors:

Ms. Kelly Deasy - 4th Degree Black Belt
 Ms. Jenna Stookey - 4th Degree Black Belt
 Mr. Ron Tobin - 5th Degree Black Belt

Instructors:

Ms. Zoe Hyslop - 3rd Degree Black Belt
 Mr. Chris Kickhafer - 4th Degree Black Belt
 Mr. Pete Everett - 1st Degree Black Belt

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MIGHT FOR RIGHT!!!

Children Ages 4-6

*Effective June 1st, 2020

Belt Level	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
White Belt	5:15	4:30		4:30		9:45
1 & 2 Gold Stripes	5:15		4:30	4:30		9:00
Green Stripes & Higher	4:30		5:15		4:30	9:00
Childrens/Youth Intro Sessions	5:30	5:15	5:30	5:15	5:30	9:45

Youth Ages 7-12

Belt Level	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
White Belt	6:00			5:15	5:15	10:30
Gold Belt	6:00	5:15			6:00	10:30
Green Stripe	6:00	5:15			6:00	10:30
Green Belt		6:00		6:00		11:15
Purple Stripe		6:00		6:00		11:15
Purple Belt		6:00		6:00		11:15
Blue Stripe	6:45			6:45		12:00
Blue Belt	6:45			6:45		12:00
Red Stripe	6:45			6:45		12:00
Red Belt		6:45	6:00		6:45	12:45
Brown Stripe		6:45	6:00		6:45	12:45
Brown Belt		6:45	6:00		6:45	12:45
Single/Double Black Stripes		7:30			7:30	2:15
Black Belt	7:30		7:30	7:30		3:00

Adult Day Classes

Belt Level	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
White/Gold		11:30	11:30 am (all levels) - Eden Prairie NK	11:30	11:30 am (all levels) - Eden Prairie NK	1:30
Green & Up		12:15		12:15		2:15
Adult Intro Sessions	8:15	11:00am	6:45	11:00am	8:15	2:00

Adult Evening Classes

Belt Level	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
White Belt	8:15		6:45		8:15	1:30
Gold Belt	8:15		6:45		8:15	1:30
Green Stripe	8:15		6:45		8:15	1:30
Green Belt	8:15		6:45		8:15	1:30
Purple Stripe	8:15		6:45		8:15	1:30
Purple Belt	8:15		6:45		8:15	1:30
Blue Stripe	8:15		6:45		8:15	1:30
Blue Belt	8:15		6:45		8:15	1:30
Red Stripe	8:15		6:45		8:15	1:30
Red Belt/Brown Str		8:15		8:15		2:15
Brown Belt		8:15		8:15		2:15
Single/Double Black Stripes		7:30		8:15	7:30	2:15
Black Belts	7:30		7:30	7:30		3:00
Krav Maga			8:15			8:15