

Woodbury National Karate



Director/Head Instr: Ms. Paula Aburto
 Master Instructor: Mr. Jesse Zaragoza
 Instructors: Mr. Roane Zaragoza
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 651-731-5411 or 651-340-5950
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 www.nationalkarate.com

Monday—Thursday 4:00 pm to 9:00 pm
 Friday ZOOM CLASSES
 Saturday 9:00 am to 2:00 pm

Effective: September 14th, 2020

COVID-19 SCHEDULE

Children Ages 4 - 7 (Little Masters)

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
White to Dbl Gold Stripe	4:30—5:00 PM			4:30—5:00 PM		9:30 to 10:00 AM
Sgl Green to Dbl Blue Stripe	4:30—5:00 PM			4:30—5:00 PM		9:30 to 10:00 AM
Sgl Red and Higher		4:30—5:00 PM	4:30—5:00 PM *Y			10:10 —10:40 AM*Y
Children's Promotions						9:10—9:20 AM

Youth Ages 8—12 (Beginning & Intermediate Belts)

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
White, Gold & Green Stripe (Beginners)			4:30—5:00 PM	5:10—5:40 PM	ZOOM 4:30 PM	10:10 —10:40 AM
Green & Purple Stripe	5:10—5:50 PM		5:10—5:40 PM		ZOOM 5:15 PM	10:50—11:20 AM
Purple & Blue Stripe	5:10—5:50 PM		5:10—5:40 PM		ZOOM 5:15 PM	10:50—11:20 AM
Blue & Red Stripe	5:10—5:50 PM	5:15—5:45 PM*			ZOOM 6:45 PM	10:50—11:20 AM

*FORM

Teen and Adult 13 & UP (Beginning & Intermediate Belts)

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
White, Gold & Green Stripe (Beginners)		6:45—7:25 PM		6:30—7:10 PM	ZOOM 6:00 PM	12:10—12:40 PM
Green & Purple Stripe		6:45—7:25 PM		6:30—7:10 PM	ZOOM 6:00 PM	12:10—12:40 PM
Purple & Blue Stripe		6:45—7:25 PM		6:30—7:10 PM	ZOOM 6:00 PM	12:10—12:40 PM
Blue & Red Stripe		5:15—5:45 PM*		6:30—7:10 PM	ZOOM 6:45 PM	12:10—12:40 PM

*FORM

Advanced Belt Levels (All Ages)

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
Red & Brown Stripe		6:00—6:30 PM*	5:50—6:20 PM		ZOOM 6:45 PM	11:30—12:00 PM
Brown Belt	6:00—6:40 PM		5:50—6:20 PM	7:20—7:50 PM*	ZOOM 7:30 PM	
Single Black Stripes	6:00—6:40 PM	7:40—8:30 PM		5:50—6:20 PM	ZOOM 7:30 PM	
Double Black Stripes	6:00—6:40 PM	7:40—8:30 PM		5:50—6:20 PM	ZOOM 7:30 PM	

***Required for Dbl Black Stripes *FORM

BLACK BELTS & KRAV MAGA

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
1st Deg Black Belts	6:50—7:30 PM		6:30—7:20 PM			12:50—1:20 PM
2nd Deg Black Belts & Up	7:40—8:20 PM			8:00—8:50 PM		12:50—1:20 PM
KRAV MAGA	8:30—9:15 PM		7:30—8:15 PM			1:30—2:15 PM

DAY & SPECIALTY CLASSES

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
Teen, Adult, Advanced, & BB Levels			1:00 PM			
Specialty Classes (see online calendar)		1:00 PM				

MONTHLY EXAM DATES FOR YOUTH, TEEN, AND ADULTS WILL BE POSTED IN SCHOOL & IN OUR ONLINE CALENDAR!

<https://woodburynkstudent.wordpress.com/woodbury-nk-calendar/>

See our Private Facebook group for classes and workouts: Woodbury National Karate Group:

<https://www.facebook.com/groups/347666185344381/>

*****BRING A FRIEND! Your referrals are appreciated!*****