

National Karate - Shorewood

Director: Ms. Flusemann
 Instructors: Ms. Francis
 Ms. Myers

23630 Highway 7
 952-474-5656

shorewood@nationalkarate.com

Schedule Effective Date: 9/7/21

Children Age 4 - 6

Belt Level	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
All	5:00		5:00			8:45
Sparring						10:20

Youth Ages 7 - 12

Belt Level	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
White		5:00		6:00	5:00	9:15
Gold		5:00		6:00	5:00	9:15
Green Stripe		5:00		6:00	5:00	9:15
Green		5:40	5:30	5:00*		9:45*
Purple Stripe		5:40	5:30	5:00*		9:45*
Purple		5:40	5:30	5:00*		9:45*
Blue Stripe	6:10		5:30	5:00*		9:45*
Blue	6:10		6:10	5:00*		11:00*
Red Stripe	6:10		6:10	5:00*		11:00*
Red	5:30			5:00*	5:40	11:00*
Brown Stripe	5:30			5:00*	5:40	11:00*
Brown		6:20**		5:00*	5:40	11:00*
Blk Str/Dbk Blk		6:20**		5:00*	5:40	11:00*
Black Belt	6:50		6:50	7:10*		11:00*
2nd Deg & Up	7:30	7:00		7:10*		11:00*

*Sparring

**Screening Prep Class

Adult/Teen Age 13+

Belt Level	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
White		7:40	6:00		6:20	
Gold		7:40	6:00		6:20	
Green Stripe		7:40	6:00		6:20	
Green		7:40	7:40	6:40*	6:20	
Purple Stripe		7:40	7:40	6:40*	6:20	
Purple		7:40	7:40	6:40*	6:20	
Blue Stripe		7:40	7:40	6:40*	6:20	
Blue		7:40	7:40	6:40*	6:20	
Red Stripe		7:40	7:40	6:40*	6:20	
Red		7:40	7:40	6:40*	6:20	
Brown Stripe		7:40	7:40	6:40*	6:20	
Brown		6:20**	7:40	6:40*	6:20	
Blk Str/Dbk Blk		6:20**	7:40	6:40*	6:20	
Black Belt	6:50		6:50	7:10*		
2nd Deg & Up	7:30	7:00		7:10*		
Kickboxing						11:45

*Sparring

**Screening Prep Class

Note: Classes are at least 40 minutes, except for Children's classes. Full uniform required for all classes except sparring. For sparring class, wear all gear - including belt. Bring a water bottle to class. Be on time with a clean uniform. Masks are optional.