

# NATIONAL KARATE SCHOOL: ANDOVER



Director/Owner:	Ms. Sue Lomasney	Hanson Commons II
Head Instructor:	Mr. Brian Sherve	1574 154th Ave NW
Instructor:	Ms. Sierra Renkert	Andover, MN 55304
Asst. Instructor:	Ms. Jayden Thomas	(763) 421-0025
Asst. Instructor:	Mr. Nic Duwell	andover@nationalkarate.com

Effective: 6/5/2022

## Children Schedule: 4-7 Years

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Level I		5:40		5:10		10:30
Level II		5:10		4:40		10:00
Level III		5:10	5:00**			9:30

\*\*Sparring

## Youth Schedule: 8-12 Years

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
No/White & Gold Belts		6:10	4:30		5:40	11:00
Green Str & Green Belts		6:10	5:30**		5:10	11:00
Purple Str Belts	4:30		5:30**	5:40		11:30
Purple & Blue Str Belts	4:30		5:30**	5:40		11:30
Blue & Red Str Belts	5:00		5:30**	6:10		11:30
Red & Brown Str Belts	5:00		6:10**	6:10		12:00
Brown & Black Str Belts	5:40	4:30	6:10**	6:50		12:00
Black Belts	6:20	7:20	6:10**		6:50	12:40

\*\*Sparring

## Day Schedule (Summer only)

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Youth Brown Belts & up		11:30		11:30		
Adult All Levels		11:30		11:30		

## Adult Schedule

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Beginner & Intermediate	7:00*	6:40	7:00**	7:30	6:10	
Advanced	5:40/7:00*	4:30	7:00**	7:30		12:40
Black Belts	6:20/7:00*	7:20	7:00**		6:50	12:40

\*Kickboxing/Padwork/Conditioning

\*\*Sparring