

National Karate

Might for Right!

Director: Jim Albertson

Instructors: Ashley Ripley, Cory Tengwall

Mimi McCabe, Gayatri Akula

Assistant Instructors: Laura Casper, Megan Johnson

Myah Green, Aarush Bellana, Joey Castagna

APPLE VALLEY

952-431-3130

15265 Galaxie Ave. #300

Updated: October 2022

Little Masters (7 & Under)

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
White Belt	5:00		5:30			10:30
Gold Stripe(s)	5:00		5:30			10:30
Green Stripe(s) & Up	5:30		5:00		6:15 Beg Sparring	11:00

Youth Schedule

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
White Belt	6:00		6:00			11:30
Gold Belt	6:00		6:00			11:30
Green Belt	6:30		6:30		6:15 Beg Sparring	12:00
Purple Belt		4:50		5:20	5:45 Class	
Blue/Red Belt		5:20		4:50	6:15 Sparring	
Brown Belt		5:50		5:50		
1 & 2 Black Stripe		5:50		5:50	6:45 Class	
Black Belt		6:20		6:20	7:15 Sparring	

Teen & Adult Schedule

Evening Classes	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday (am)
White Belt	7:00		7:00			9:40
GoldGreen Belt	7:00		7:00			9:40
Purple/Blue Belt	7:00		7:00			9:40
Red Belt	7:00		7:00			9:40
Brown Belt	7:00		7:00			9:40
1st & 2nd Blk Stp	7:00		7:00			9:40
Black Belt		7:00		7:00		9:40
		7:40 KB		7:40 Sparring		

