

National Karate

7630 Lyndale Ave. S. #300, Richfield MN. 55423

Director: Mr. Joe Huber Head Instructor: Ms. Zoe Hyslop

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Children 4-6

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
White Belt	5:10	5:10		4:40		9:00
1 Gold Stripe	5:10	5:10		4:40		9:00
2 Gold Stripes	5:10	5:10		4:40		9:00
Green Stripe +	5:10	5:10		4:40		9:00

Youth 7-

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
White Belt	4:40		6:00		5:20	9:30
Gold Belt	4:40		6:00		5:20	9:30
Green Stripe	4:40		6:00		5:20	9:30
Green Belt		6:20	5:15*		4:40	10:30*
Purple Stripe		6:20	5:15*		4:40	10:30*
Purple Belt		6:20	5:15*		4:40	10:30*
Blue Stripe		6:20	5:15*	5:10	4:40	10:30*
Blue Belt		5:40	5:15*	5:10		10:30*
Red Stripe		5:40	5:15*	5:10		10:30*
Red Belt		5:40	5:15*	5:10		10:30*
Brown Stripe		5:40	5:15*	5:10		10:30*
Brown Belt		5:40	5:15*	5:10		10:30*
1 Black Stripe		5:40	5:15*	5:10	5:50	10:30*
2 Black Stripes		5:40	5:15*	5:10	5:50	10:30*
Black Belt	6:20	7:00	7:00*	6:30	5:50	

Adult/Teen 13+

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
White			6:30 pm	5:50		10:00
Gold			6:30 pm	5:50		10:00
Green	5:40		7:00 pm*	5:50		10:00
Purple	5:40		7:00 pm*	5:50		11:10*
Blue	5:40		7:00 pm*	5:50		11:10*
Red	5:40		7:00 pm*	5:50		11:10*
Brown	5:40		7:00 pm*	5:50	5:50	11:10*
Black	6:20	7:00	7:00 pm*	6:30	5:50	11:10*
Day Classes		11:00 am			12:00 pm	

Sparring*