

National Karate

West Bloomington

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Children Ages 4-6

**Effective: 11/27/23*

Belt Level	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
White Belt	5:00 - 5:30 PM		5:00 - 5:30 PM			10:00 - 10:30 AM
1 & 2 Gold Stripes						
Green & Purple Stripes		5:00 - 5:30 PM		5:00 - 5:30 PM		
Blue Stripes & Higher					5:00 - 5:40 PM**	
					<i>Sparring **</i>	

Youth Ages 7-12

Belt Level	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday		
White Belt		5:30 - 6:00 PM	5:30 - 6:00 PM			10:30 - 11:00 AM		
Gold Belt	5:30 - 6:00 PM		6:00-6:30PM	5:30 - 6:00 PM				
Green Stripe						11:00 - 11:40 AM		
Green Belt	6:00 - 6:30 PM	6:00 - 6:30 PM			5:00 - 5:40 PM**			
Purple Stripe								
Purple Belt								
Blue Stripe								
Blue Belt		6:30 - 7:00 PM						
Red Stripe						11:40 - 12:20 PM		
Red Belt	6:30 - 7:20 PM		6:30 - 7:20 PM		5:40 - 6:20 PM**			
Brown Stripe								
Brown Belt							5:40 - 6:20 PM **	
Blk Str/DbI Blk							7:00 - ? PM***	
Black Belt		7:00 - 7:50 PM		6:40 - 7:20 PM	5:40 - 6:20 PM**			

1st & 3rd Mon. Sparring for 6 & 6:30 Class *Sparring *** ***Last Sat of Month Sparring*

Teen / Adult Evening Classes

Belt Level	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday			
White Belt	7:20 - 8:10 PM		7:20 - 8:10 PM	6:00 - 6:40 PM	6:20 - 7:00 PM**	9:00 - 10:00 AM****			
Gold Belt									
Green Stripe									
Green Belt									
Purple Stripe									
Purple Belt									
Blue Stripe									
Blue Belt									
Red Stripe									
Red Belt									
Brown Stripe					6:20 - 7:00 PM **				
Brown Belt						7:00 - ? PM***			
Blk Str/DbI Blk									
Black Belt		7:00 - 7:50 PM		6:40 - 7:20 PM	6:20 - 7:00 PM**				
Krav Maga/Kickboxing		7:50 - 8:40 PM*		7:20 - 8:10 PM*					

1st & 3rd Mon. Sparring *Krav** *Krav** *Screening Prep**** *Kickboxing*****