Woodbury National Karate

Director/Master Instr: Ms. Paula Aburto
Master Instructor: Mr. Jesse Zaragoza
Manager/Head Instructor: Mr. Roane Zaragoza
Asst. Mgr/Lead Instructor: Mr. Joram Zaragoza
Adjunct Instructor: Mr. Aaron McCauley
Asst Instructors: Mr. Mark Collins, Mr. Ryker Pace

8484 Tamarack Bay, Ste 101
Woodbury, MN 55125
651-731-5411 or 651-340-5950

Eff: Monday, January 5th, 2026

woodbury@nationalkarate.com
www.nationalkarate.com

Children Ages 4 - 7 (Little Masters)

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
White to Dbl Gold Stripe	5:45—6:15 PM		5:00—5:30 PM	4:45—5:15 PM		9:30 to 10:00 AM
Sgl Green to Dbl Blue Stripe	5:45—6:15 PM	4:45—5:15 PM			5:00 —5:30 PM*	9:30 to 10:00 AM
Sgl Red and Higher		4:45—5:15 PM		5:15— 6:00 PM *Y	5:00 —5:30 PM*	10:00—10:45 AM*Y
Children's Promotions						9:10—9:30 AM

*Sparring

Youth Ages 8—12 (Beginning & Intermediate Belts)

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
White Belts (Beginners)	5:00—5:45 PM		5:30—6:15 PM	5:15— 6:00 PM		10:00—10:45 AM
Gold & Green Stripe (Beginners)	5:00—5:45 PM		5:30—6:15 PM	5:15— 6:00 PM		10:00—10:45 AM
Green & Purple Stripe	6:15—7:00 PM*	5:15— 6:00 PM		6:00 — 6:45 PM	5:30—6:15 PM*	10:45—11:30 AM*
Purple & Blue Stripe	6:15—7:00 PM*	5:15— 6:00 PM		6:00 — 6:45 PM	5:30—6:15 PM*	10:45—11:30 AM*
Blue & Red Stripe	6:15—7:00 PM*	6:00 — 6:45 PM*		6:00 — 6:45 PM	5:30—6:15 PM*	10:45—11:30 AM*
YOUTH DEFENSE & PADSTRIKES			6:15—6:45 PM			

*Sparring *Beg. BO *Form Focus *Sparring

Teen and Adult 13 & UP (Beginning & Intermediate Belts)

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
White, Gold & Green Stripe (Beginners)			6:45—7:30 PM	6:45—7:30 PM		11:30—12:20 PM
Green & Purple Stripe	7:00—7:45 PM*		6:45—7:30 PM	6:45—7:30 PM		11:30—12:20 PM
Purple & Blue Stripe	7:00—7:45 PM*		6:45—7:30 PM	6:45—7:30 PM		11:30—12:20 PM
Blue & Red Stripe	7:00—7:45 PM*	6:00 — 6:45 PM*		6:45—7:30 PM		11:30—12:20 PM
Teen/Adult SPARRING Green & Up	7:00—7:45 PM*					1:20 —2:20 PM

*Sparring *Beg. BO *Sparring

Advanced Belt Levels (All Ages)

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
Red & Brown Stripe	7:00—7:45 PM*	6:45 —7:30 PM		7:30—8:15 PM	6:15 PM Zang*	1:20 —2:20 PM
Brown Belt	7:00—7:45 PM*	6:45 —7:30 PM		7:30—8:15 PM	6:55 PM Bo*	1:20 —2:20 PM
Single Black Stripes	7:00—7:45 PM*	7:30– 8:45PM		7:30—8:15 PM	7:35 PM Music*	1:20 —2:20 PM
Double Black Stripes	7:00—7:45 PM*	7:30– 8:45PM		7:30—8:15 PM	All Adv. Forms*	1:20 —2:20 PM
Teen/Adult ALL levels & Youth RED and UP — PADSTRIKES						12:20 —1:10 PM

*Sparring *Form Focus *Sparring

BLACK BELTS & KRAV MAGA

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
1st Deg Black Belts	7:45—8:30 PM		7:30—8:15 PM	8:15—9:00 PM		12:20 —1:10 PM
2nd Deg Black Belts & Up	8:30 —9:15 PM		7:30—8:15 PM	8:15—9:00 PM		12:20 —1:10 PM
Teen/Adult SPARRING Green & Up	7:00—7:45 PM*					1:20 —2:20 PM*
KM -ADV SELF DEFENSE Brown & UP			8:15—9:00 PM			12:20 —1:10 PM