



Bartlett National Karate

385 S. Prospect Ave., Bartlett, IL 60103

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www.ChicagoNK.com

School Director: Dustin Kook - BartlettNationalKarate@gmail.com

School Director: Gopi Doniparthi - BartlettNK01@gmail.com

Instructors: Hayden Krzyanowski - Alex Chakos - Danielle Cimilluca - Karolina Olechna - Sonny Manaloto

| Effective: 10/7/19 | 4-7 yrs old - MAXIMUM CLASS ATTENDANCE IS 2 CLASSES PER WEEK | | | | | | | | | | * Sparring Class | |
|-------------------------|---|--------|---------|--------|-----------|--------|------------|--------|--------|------------|------------------|--------|
| 4-7 YR OLD | MONDAY | | TUESDAY | | WEDNESDAY | | THURSDAY | | FRIDAY | | SATURDAY | |
| | Room 1 | Room 2 | Room 1 | Room 2 | Room 1 | Room 2 | Room 1 | Room 2 | Room 1 | Room 2 | Room 1 | Room 2 |
| BEGINNERS | | | | 5:30 | | | | 5:00 | | | | 9:30 |
| GOLD STRIPES | | | | 5:00 | | | | 4:30 | | | | 10:15 |
| GREEN STRIPES | | | 4:30 | | | | *4:45 | | | | | 9:00 |
| PURPLE STRIPES | | 5:00 | | | | | *4:45 | | | | | 9:00 |
| BLUE & UP STRIPES | | | 5:15 | | | | | | | 4:30/*5:05 | | |
| Effective: 10/7/19 | 8-12 yrs old - MAXIMUM CLASS ATTENDANCE IS 3 CLASSES PER WEEK | | | | | | | | | | * Sparring Class | |
| 8-12 YR OLD | MONDAY | | TUESDAY | | WEDNESDAY | | THURSDAY | | FRIDAY | | SATURDAY | |
| | Room 1 | Room 2 | Room 1 | Room 2 | Room 1 | Room 2 | Room 1 | Room 2 | Room 1 | Room 2 | Room 1 | Room 2 |
| BEGINNERS | | 5:45 | | | | | | 6:15 | | | | 9:30 |
| GOLD BELTS | 4:50 | | | | | | | | 4:30 | | | 10:15 |
| GREEN BELTS | 4:50 | | | | | *4:45 | | | 4:30 | | | 10:15 |
| PURPLE BELTS | | | 6:00 | | | *4:45 | 5:30 | | | | | |
| BLUE BELTS | | | 6:00 | | | | 5:30 | | | | | *11:00 |
| RED BELTS | 5:45 | | | | 4:15 | | | | | | | *11:00 |
| BROWN-DBL BLACK STRIPES | 4:00 | | | | 5:00 | | | | 5:15 | | | *12:00 |
| 1ST DEGREE BLACK BELTS | | | | | | | 6:15/*7:00 | | 7:45 | | | |
| Effective: 10/7/19 | Adults - MAXIMUM CLASS ATTENDANCE IS 3 CLASSES PER WEEK PLUS KB | | | | | | | | | | * Sparring Class | |
| 13 & UP | MONDAY | | TUESDAY | | WEDNESDAY | | THURSDAY | | FRIDAY | | SATURDAY | |
| | Room 1 | Room 2 | Room 1 | Room 2 | Room 1 | Room 2 | Room 1 | Room 2 | Room 1 | Room 2 | Room 1 | Room 2 |
| WHITE AND GOLD BELTS | | 6:30 | | | | | | | | 6:50 | | |
| GREEN - BLUE | | 6:30 | 6:45 | | | *7:20 | | | | 6:50 | | |
| RED BELTS | *7:15 | | 6:45 | | | 8:00 | | | 6:10 | | | |
| BROWN BELTS | *7:15 | | 6:45 | | | 8:00 | | | 6:10 | | | |
| 1ST DEGREE BLACK | *7:15 | | | | 8:00 | | | | 7:00 | | | |
| 2ND & 3RD DEGREE BLACK | *7:15 | | | | 5:45 | | | | 7:00 | | | |
| Advanced Teen Sparring | | | | | *7:20 | | | | | | | |
| All Levels | | | | | | | | | | | | |



| KRAV MAGA | | |
|-------------------------------|-----------------|-----------------|
| WEDNESDAY | Fri - Beginners | SATURDAY |
| 6:30:00 PM (A) | 6:00:00 PM (B) | 10:45:00 AM (B) |
| Krav Maga 15 years old and up | | |

Website: www.ChicagoNK.com

| CARDIO KICKBOXING | |
|--------------------------------|----------|
| TUESDAY | THURSDAY |
| 7:30 PM | 7:45 PM |
| Kickboxing 15 years old and up | |

Facebook: www.Facebook.com/BartlettNationalKarate

HAVE YOUR NEXT BIRTHDAY PARTY HERE

PRIVATE LESSONS AVAILABLE UPON REQUEST