



# National Karate Schools

www.chicagonk.com

(nkstudent)



Director: Mr. Arnaldo Rosas

Instructors: Mr. Eric Fernandez, Mr. Kai Bicbic, Mr. Aidan Mercado

Ms. Tanyalee Dallaire, Mr. TJ Agosta, Ms. Bethany Hathaway & Ms. Megan Falbo

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4-7 YR OLD	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
WHITE BELTS	5:15 To 5:45		4:30 To 5:00			9:30 To 10:00 AM
GOLD STRIPE	5:15 To 5:45		4:30 To 5:00			9:30 To 10:00 AM
GREEN STRIPE	5:15 To 5:45		4:30 To 5:00		*4:30 To 5:00	9:30 To 10:00 AM
PURPLE & UP	5:15 To 5:45		4:30 To 5:00		*4:30 To 5:00	9:30 To 10:00 AM

Maximum of 2 classes per week for 4 - 7 yr olds.  
Maximum of 3 classes per week for Solid Belts.

8-12 YR OLD	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
WHITE BELTS	6:00 To 6:30		5:15 To 5:45			10:15 To 10:45 AM
GOLD BELTS	6:00 To 6:30		5:15 To 5:45			10:15 To 10:45 AM
GREEN BELTS	6:00 To 6:30		5:15 To 5:45			10:15 To 10:45 AM
PURPLE BELTS	4:30 To 5:00		6:00 To 6:30			11:00 to 11:30 AM
BLUE BELTS	4:30 To 5:00		6:00 To 6:30			11:00 to 11:30 AM
BLUE / RED STRIPE	4:30 To 5:00		6:00 To 6:30		*5:15 To 5:45	11:00 to 11:30 AM
RED BELTS		4:30 To 5:00		5:15 To 5:45	*5:15 To 5:45	11:00 to 11:30 AM
RED / BRN STRIPE		4:30 To 5:00		5:15 To 5:45	*5:15 To 5:45	11:00 to 11:30 AM
BROWN BELTS		5:15 To 5:45		4:30 To 5:00	*5:15 To 5:45	11:45 To 12:15 AM
BLACK STRIPES		5:15 To 5:45		4:30 To 5:00	*5:15 To 5:45	11:45 To 12:15 AM
DOUBLE BLACKS		5:15 To 5:45		4:30 To 5:00	*5:15 To 5:45	11:45 To 12:15 AM
10 - 14 YR OLD	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
1st DEGREES	*6:45 To 7:15				6:00 To 6:30	12:30 To 1:00 PM
2nd & 3rd DEGREES	*6:45 To 7:15				6:00 To 6:30	12:30 To 1:00 PM
ADULTS	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
WHITE BELTS		6:00 To 6:30			6:45 To 7:15	
GOLD BELTS		6:00 To 6:30			6:45 To 7:15	
GREEN BELTS		6:00 To 6:30		*6:00 To 6:30	6:45 To 7:15	
PURPLE BELTS		6:00 To 6:30		*6:00 To 6:30	6:45 To 7:15	
BLUE, BLUE/RED		6:00 To 6:30		*6:00 To 6:30	6:45 To 7:15	
RED BELTS		6:00 To 6:30		*6:00 To 6:30	7:00 To 7:30	
BROWN BELTS		6:00 To 6:30		*6:00 To 6:30	6:45 To 7:15	
BLACK STRIPES		6:00 To 6:30		*6:00 To 6:30	6:45 To 7:15	
Black Belts	*6:45 To 7:15				6:00 To 6:30	
KRAV MAGA (Teen)				6:45 To 7:15		
KRAV MAGA (Adult)		7:00 To 7:50		7:30 To 8:20		
KICK BOXING			6:45 To 7:30			

\* Indicates Sparring Classes: Sparring Class is a physical contact class and you need to make a reservation with your instructor before attending.

## Elk Grove ZOOM Schedule

Programs	Monday	Wednesday	Friday	Saturday	Meeting ID #	Password
All 4-7 Year Old Stripe Belts	3:00 PM			***	736 6657 1841	1995
All Solid Belts Under Black Belt		3:00 PM		***	736 6657 1841	1995
All Black Belts			7:30 PM	***	736 6657 1841	1995

\*\*\* All Saturday classes will be INDOOR and they will be live on ZOOM