



National Karate Schools

www.chicagonk.com

(nkstudent)



EFFECTIVE:
9/29/2020

Director: Mr. Arnaldo Rosas
Instructors: Mr. Eric Fernandez, Mr. Kai Bicbic
Ms. Tanyalee Dallaire, Ms. Bethany Hathaway, Tj Agosta & Magan Falbo

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4-7 YR OLD	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
BEGINNERS		5:10		5:10		9:00 AM
GOLD STRIPE	5:10			5:10		8:30 AM
GREEN STRIPE	5:10				*4:30	8:30 AM
PURPLE & UP			4:30		*4:30	9:30 AM

Maximum of two classes per week for 4 - 7 yr olds.
Maximum of three classes per week for Solid Belts.

*SPARRING CLASS

8-12 YR OLD	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
BEGINNERS		5:40		5:40		10:00 AM
GOLD BELTS	5:40			5:40		10:00 AM
GREEN BELTS	5:40		*5:00			10:00 AM
PURPLE BELTS	4:30		*5:00			10:40 AM
BLUE BELTS	4:30		*5:00			10:40 AM
BLUE W/ RED STRIPE	4:30		*5:40			10:40 AM
RED BELTS		4:30	*5:40			11:20 AM
RED W/ BRN STRIPE		4:30	*5:40			11:20 AM
BROWN BELTS		6:20		4:30		*12:00 PM
BLACK STRIPES		6:20			5:00	*12:00 PM
DOUBLE BLACKS		6:20			5:00	*12:00 PM
10 - 14 YR OLD	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
1st DEGREES	*6:20		7:00		5:40	12:40 PM
2nd & Above Degrees	7:00			*6:20	6:20	
ADULTS	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
BEGINNERS		7:00	6:20		7:00	
GOLD BELTS		7:00	6:20		7:00	
GREEN BELTS	*7:50		6:20		7:00	
PURPLE BELTS	*7:50		6:20		7:00	
BLUE BELTS	*7:50		6:20		7:00	
RED BELTS	*7:50		6:20		7:00	
BROWN BELTS	*7:50		6:20		7:00	
BLACK STRIPES	*7:50		6:20		7:00	

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KICKBOXING

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Tuesday	Wednesday	Thursday
7:50 PM	7:40 PM	7:30 PM
ADULTS		ADULTS