



National Karate Schools

www.chicagonk.com

(nkstudent)

Director: Mr. Arnaldo Rosas

Instructors: Mr. Eric Fernandez. Mr. Kai Bicbic

Ms. Tanyalee Dallaire, Ms. Bethany Hathaway, Tj Agosta & Ms. Megan Falbo



**EFFECTIVE:
2/01/2021**

802 E. Nerge Rd . Roselle, IL 60172 (630) 539-9969 E-Mail: AR@Nationalkarate.com

| 4-7 YR OLD | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY |
|--------------|--------|---------|-----------|----------|--------|----------|
| BEGINNERS | | 5:10 | | 5:10 | | 9:30 AM |
| GOLD STRIPE | 5:10 | | | 5:10 | | 9:30 AM |
| GREEN STRIPE | | | 4:30 | | *4:30 | 9:00 AM |
| PURPLE & UP | | | 4:30 | | *4:30 | 9:00 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 | | 7:00 | 7:00 | |
| GOLD BELTS | | 7:00 | | 7:00 | 7:00 | |
| GREEN BELTS | *7:50 | | | 7:00 | 7:00 | |
| PURPLE BELTS | *7:50 | | | 7:00 | 7:00 | |
| BLUE BELTS | *7:50 | | | 7:00 | 7:00 | |
| RED BELTS | *7:50 | | 6:20 | | 7:40 | |
| BROWN BELTS | *7:50 | | 6:20 | | 7:40 | |
| BLACK STRIPES | *7:50 | | 6:20 | | 7:40 | |

Zoom Classes:

Meeting Id: 736 6657 1841

Password: 1 9 9 5

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|----------------------|-------------------|----------------------|
| KRAV MAGA | KICKBOXING | KRAV MAGA |
| Tuesday | Wednesday | Thursday |
| 7:40 PM | 7:40 PM | 7:40 PM |
| ADULTS | | ADULTS |

