



National Karate Schools



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 Head Instructor: Mr Carlos Lopez
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*SPARRING CLASS	ZOOM ID : 637-043-0667					PASSWORD : 970572	*SPARRING CLASS
4-7 YR OLD	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	
WHITE BELTS	4:30PM		4:30PM			8:30AM	
GOLD STRIPES	5:00PM		5:00PM			8:30AM	
GREEN & UP	5:30PM		5:30PM			*9:30AM	
8-12 YR OLDS	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	
WHITE BELTS	6:00PM				5:10PM	10:00AM	
GOLD BELTS	6:00PM				5:10PM	10:00AM	
GREEN BELTS		4:30PM			5:50PM	*10:30AM	
PURPLE BELTS				5:50PM	5:50PM	*10:30AM	
BLUE BELTS				5:50PM	5:50PM	*11:10AM	
BLUE W / RED STRIPES		5:20PM		5:10PM		*11:10AM	
RED BELTS		5:20PM		5:10PM		*11:10AM	
RED W/ BROWN STRIPES		5:20PM		5:10PM		*11:50AM	
BROWN BELTS		6:00PM		6:30PM		*11:50AM	
BLACK STRIPES		6:00PM		6:30PM		*11:50AM	
BLACK BELTS			6:00PM	7:10PM		*11:50AM	
*SPARRING CLASS	ZOOM ID : 637-043-0667					PASSWORD : 970572	* SPARRING CLASS
ADULTS 13 & up	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	
WHITE & GOLD BELTS	6:40PM	6:40PM			6:40PM		
GREEN & PURPLE BELTS	6:40PM	6:40PM	*7:20PM		6:40PM		
BLUE & RED STRIPE	6:40PM	6:40PM	*7:20PM		6:40PM		
RED BELTS	6:40PM	7:20PM	*7:20PM		6:40PM		
BROWN & BLACK STRIPES		7:20PM	*7:20PM		6:40PM		
BLACK BELTS	7:20PM	8:00PM	6:00PM /*8:00PM				
BLACK BELTS 2nd & UP	7:20PM	8:00PM	6:00PM /*8:00PM				
*SPARRING CLASS	ZOOM ID : 637-043-0667					PASSWORD : 970572	* SPARRING CLASS

KRAV MAGA & KICKBOXING		
MONDAY	WEDNESDAY	FRIDAY
8:00PM	6:40PM	7:20PM

15 years and up

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