



National Karate Schools

www.chicagonk.com

(nkstudent)

Director: Mr. Arnaldo Rosas
 Instructors: Mr. Sonny Manaloto
 Ms. Megan Falbo & Mr. Noah Rodriguez Mr. Brian Fieri



EFFECTIVE:
3-13-23

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4-7 YR OLD	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
BEGINNERS		4:30		5:10		9:30 AM
GOLD STRIPE	5:10				5:30	9:30 AM
GREEN STRIPE			4:30		*5:00	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		5:00		5:40		10:00 AM
GOLD BELTS	5:40			4:30		10:00 AM
GREEN BELTS		5:40	*5:00			10:40 AM
PURPLE BELTS	4:30		*5:00			11:20 AM
BLUE BELTS	4:30		*5:40			11:20 AM
BLUE W/ RED STRIPE	6:20		*5:40			12:00 PM
RED BELTS	6:20		*6:20			12:00 PM
RED W/ BRN STRIPE					*6:40	12:00 PM
BROWN BELTS		6:20			6:00	*12:40 PM
BLACK STRIPES		6:20			6:00	*12:40 PM
DOUBLE BLACKS		6:20			6:00	*12:40 PM


BLACK BELTS	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
ALL BLACK BELTS	7:00					1:20 PM

SPARRING				*7:00		
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ADULTS	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
BEGINNERS		7:00		6:20		
GOLD BELTS		7:00		6:20		
GREEN BELTS	*7:50	7:00		6:20		
PURPLE BELTS	*7:50	7:00		6:20		
BLUE BELTS	*7:50	7:00	7:00	6:20		
RED BELTS	*7:50	7:00	7:00	6:20		
BROWN BELTS	*7:50	7:00	7:00	6:20		
BLACK STRIPES	*7:50	7:00	7:00	6:20		

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