

National Karate Schools

Instructors Mr Nelson, Mr Mazzola, Mr Manaloto, Mr Fieri, Ms Bardgett www.ChicagoNK.com

E-Mail: nationalkarateelkgrove@gmail.com - EFFECTIVE 3/22/2024

WHITE BELTS GOLD STRIPES GREEN BELTS PURPLE & UP 8-12 YR OLDS WHITE BELTS GOLD BELTS GREEN BELTS PURPLE BELTS	MONDAY 5:40PM 5:40PM 5:00PM 6:20PM	TUESDAY 4:30PM 5:05PM 5:40PM 5:40PM TUESDAY 6:10PM	WEDNESDAY WEDNESDAY *5:00PM *5:00PM	THURSDAY 5:40PM 5:05PM *4:30PM *4:30PM THURSDAY 6:10PM	FRIDAY FRIDAY 5:00PM 5:00PM
GOLD STRIPES GREEN BELTS PURPLE & UP 8-12 YR OLDS WHITE BELTS GOLD BELTS GREEN BELTS PURPLE BELTS	5:40PM 5:40PM 5:00PM 5:00PM	5:05PM 5:40PM 5:40PM	*5:00PM *5:00PM	5:05PM *4:30PM *4:30PM THURSDAY	5:00PM
GREEN BELTS PURPLE & UP 8-12 YR OLDS WHITE BELTS GOLD BELTS GREEN BELTS PURPLE BELTS	5:40PM 5:40PM 5:00PM 5:00PM	5:40PM 5:40PM	*5:00PM *5:00PM	*4:30PM *4:30PM THURSDAY	5:00PM
PURPLE & UP 8-12 YR OLDS WHITE BELTS GOLD BELTS GREEN BELTS PURPLE BELTS	5:40PM 5:40PM 5:00PM 5:00PM	5:40PM TUESDAY	*5:00PM *5:00PM	*4:30PM THURSDAY	5:00PM
8-12 YR OLDS WHITE BELTS GOLD BELTS GREEN BELTS PURPLE BELTS	5:40PM 5:40PM 5:00PM 5:00PM	TUESDAY	*5:00PM *5:00PM	THURSDAY	5:00PM
WHITE BELTS GOLD BELTS GREEN BELTS PURPLE BELTS	5:40PM 5:40PM 5:00PM 5:00PM		*5:00PM *5:00PM		5:00PM
WHITE BELTS GOLD BELTS GREEN BELTS PURPLE BELTS	5:40PM 5:40PM 5:00PM 5:00PM		*5:00PM *5:00PM		5:00PM
GOLD BELTS GREEN BELTS PURPLE BELTS	5:40PM 5:00PM 5:00PM	6:10PM	*5:00PM	6:10PM	
GREEN BELTS PURPLE BELTS	5:40PM 5:00PM 5:00PM		*5:00PM		
PURPLE BELTS	5:00PM 5:00PM		*5:00PM		5:00PM
	5:00PM				
BLUE BELTS				1	
	6:20PM		*5:00PM		
BLUE W /RED STRIPE			*5:40PM		
RED BELTS	6:20PM		*5:40PM		
BROWN BELTS		6:40PM			5:30PM
BLACK STRIPES		6:40PM			6:10PM Candidate Class
BLACK BELTS	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
ALL BLACK BELTS	7:00PM		6:20PM	*7:25PM	
ADULTS 13 & up	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	Friday Night Fights
WHITE & GOLD BELTS		7:20PM		6:40PM	Green and Up
GREEN & PURPLE BELTS		7:20PM		6:40PM/ *7:25PM	8 yrs - Adult
BLUE & RED STRIPE		7:20PM		6:40PM/ *7:25PM	FORMS
RED BELTS		7:20PM		6:40PM/ *7:25PM	7:00PM - 7:30PM
BROWN & BLACK STRIPES		7:20PM		6:40PM/ *7:25PM	SPARRING
					7:30PM - 8:00PM
OFT DEWADDO	أ الما: (Alaa			
GET REWARDS with the NK APP!					KRAV MA
					Monday
					7:45PM
		-			
Your App will keep track of po		un fou			

SEARCH APP STORE FOR

NATIONAL KARATE SCHOOLS

OR SCAN THE QR CODE

referring a friend, writing a positive review & more!







Follow us on Instagram @ nationalkarateelkgrove



ww.facebook.com/MartialArtsNKElkGrove



SATURDAY
9:30AM
9:30AM
9:00AM
9:00AM
SATURDAY
10:00AM
10:40AM
10:40AM
11:20AM
11:20AM
12:00PM
12:00PM
*12:40PM
*12:40PM
SATURDAY
A & KICKBOXING
THURSDAY
8:10PM
13 Years and up