



National Karate Schools

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EFFECTIVE 3/22/2024

*SPARRING CLASS					
4-7 YR OLD	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
WHITE BELTS		4:30PM		5:40PM	
GOLD STRIPES		5:05PM		5:05PM	
GREEN BELTS		5:40PM		*4:30PM	
PURPLE & UP		5:40PM		*4:30PM	
8-12 YR OLDS	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
WHITE BELTS		6:10PM		6:10PM	
GOLD BELTS	5:40PM				5:00PM
GREEN BELTS	5:40PM		*5:00PM		5:00PM
PURPLE BELTS	5:00PM		*5:00PM		
BLUE BELTS	5:00PM		*5:00PM		
BLUE W /RED STRIPE	6:20PM		*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
					KRAV MAC
					Monday
					7:45PM

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