



National Karate Schools

Instructors Mr Nelson, Mr Mazzola, Mr Manaloto, Mr Fieri, Ms Bardgett, Mr, Qureshi, Mr. Kaspari

www.ChicagoNK.com



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*SPARRING CLASS						
4-7 YR OLD	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
WHITE BELTS		4:15PM		5:45PM		9:30AM
GOLD STRIPES		4:45PM		5:15PM		9:30AM
GREEN BELTS		5:15PM		*4:15PM		9:00AM
PURPLE & UP		5:45PM		*4:45PM		9:00AM
8-12 YR OLDS	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
WHITE BELTS		6:15PM		6:15PM		10:00AM
GOLD BELTS	5:40PM				5:00PM	10:40AM
GREEN BELTS	5:40PM		*5:00PM		5:00PM	10:40AM
PURPLE BELTS	5:00PM		*5:00PM			11:20AM
BLUE BELTS	5:00PM		*5:00PM			11:20AM
BLUE W /RED STRIPE	6:20PM		*5:40PM			12:00PM
RED BELTS	6:20PM		*5:40PM			12:00PM
BROWN BELTS		6:45PM			5:30PM	*12:40PM
BLACK STRIPES		6:45PM			6:10PM Candidate Class	*12:40PM
BLACK BELTS	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
ALL BLACK BELTS	7:00PM		6:20PM	*7:30PM		
ADULTS 13 & up	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	Friday Night Fights	
WHITE & GOLD BELTS		7:25PM		6:45PM	Green and Up	
GREEN & PURPLE BELTS		7:25PM		6:45PM/ *7:30PM	8 yrs - Adult	
BLUE & RED STRIPE		7:25PM		6:45PM/ *7:30PM	FORMS	
RED BELTS		7:25PM		6:45PM/ *7:30PM	7:00PM - 7:30PM	
BROWN & BLACK STRIPES		7:25PM		6:45PM/ *7:30PM	SPARRING	
					7:30PM - 8:00PM	

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KRAV MAGA & KICKBOXING	
Monday	THURSDAY
7:45PM	8:15PM
	13 Years and up