



National Karate Schools



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

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*SPARRING CLASS						
4-7 YR OLD	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
WHITE BELTS		4:30PM		5:40PM		9:30AM
GOLD STRIPES		5:05PM		5:05PM		9:30AM
GREEN BELTS		5:40PM		*4:30PM		9:00AM
PURPLE & UP		5:40PM		*4:30PM		9:00AM
8-12 YR OLDS	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
WHITE BELTS		6:10PM		6:10PM		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		6:40PM			5:30PM	*12:40PM
BLACK STRIPES		6:40PM			6:10PM Candidate Class	*12:40PM
BLACK BELTS	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
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	

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KRAV MAGA & KICKBOXING	
Monday	THURSDAY
7:45PM	8:10PM
	13 Years and up