

National Karate Schools



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Effective: 2/1/2025

*SPARRING CLASS	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
4-7 YR OLD						
WHITE BELTS		5:00 PM		5:00 PM		9:00 AM
GOLD STRIPES		5:35 PM		5:35 PM		10:10 AM
GREEN & UP	5:00 /*5:35 PM					10:45 AM

8-12 YR OLDS	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
WHITE BELTS		6:10 PM		6:10 PM		9:35 AM
GOLD BELTS		6:10 PM		6:10 PM		11:20 AM
GREEN BELTS		6:10 PM		*6:45 PM		11:20 AM
PURPLE BELTS	6:10 PM			*6:45 PM		12:00 PM
BLUE BELTS	6:10 PM	*6:45 PM				12:00 PM
RED STRIPES	6:10 PM	*6:45 PM				12:00 PM
RED & BRN STRIPES	6:10 PM	*6:45 PM				12:00 PM
BROWN BELTS						
BLACK STRIPES						

ADULTS 13 & up	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
WHITE & GOLD BELTS	6:50 PM			7:25 PM		
GREEN & PURPLE BELTS	6:50 PM	*7:25 PM		7:25 PM		
BLUE & RED STRIPE	6:50 PM	*7:25 PM		7:25 PM		
RED BELTS	6:50 PM	*7:25 PM		7:25 PM		
BROWN & BLACK STRIPES	6:50 PM	*7:25 PM		7:25 PM		
1ST DEGREE BLACK BELTS	6:50 PM	*7:25 PM		7:25 PM		
2ND DEGREE & UP	6:50 PM	*7:25 PM		7:25 PM		

*SPARRING CLASS www.facebook.com/MartialArtsNKNaperville **KRAV MAGA** [nationalkaratenaperville](https://www.instagram.com/nationalkaratenaperville)



MONDAY	THURSDAY
7:30 PM	8:05 PM

