



# National Karate Schools

Director: Mr. John Mazzola  
 Head Instructor: Mr Carlos Lopez  
 Instructors:  
 Mrs Chloe Trakas, Mr Christopher Kalka, Ms Rachel Choice  
[www.ChicagoNK.com](http://www.ChicagoNK.com)



E-Mail: [nationalkarateaurora@gmail.com](mailto:nationalkarateaurora@gmail.com) - **EFFECTIVE 12-19-2022**

*SPARRING CLASS	ZOOM ID : 637-043-0667					PASSWORD : 970572	*SPARRING CLASS
4-7 YR OLD	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	
WHITE BELTS	4:30PM		4:30PM			9:00AM	
GOLD STRIPES	5:00PM		5:00PM			9:00AM	
GREEN & UP	5:30PM		5:30PM			*9:30AM	

8-12 YR OLDS	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
WHITE BELTS	6:00PM				5:10PM	10:00AM
GOLD BELTS	6:00PM				5:10PM	10:00AM
GREEN BELTS		4:30PM			5:50PM	*10:30AM
PURPLE BELTS				5:50PM	5:50PM	*10:30AM
BLUE BELTS				5:50PM	5:50PM	*11:10AM
BLUE W / RED STRIPES		5:20PM		5:10PM		*11:10AM
RED BELTS		5:20PM		5:10PM		*11:10AM
RED W/ BROWN STRIPES		5:20PM		5:10PM		*11:50AM
BROWN BELTS		6:00PM		6:30PM		*11:50AM
BLACK STRIPES		6:00PM		6:30PM		*11:50AM
BLACK BELTS			6:00PM	7:10PM		*11:50AM

*SPARRING CLASS	ZOOM ID : 637-043-0667					PASSWORD : 970572	*SPARRING CLASS
ADULTS 13 & up	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	
WHITE & GOLD BELTS	6:40PM	6:40PM			6:40PM		
GREEN & PURPLE BELTS	6:40PM	6:40PM	*7:20PM		6:40PM		
BLUE & RED STRIPE	6:40PM	6:40PM	*7:20PM		6:40PM		
RED BELTS	6:40PM	7:20PM	*7:20PM		6:40PM		
BROWN & BLACK STRIPES		7:20PM	*7:20PM		6:40PM		
BLACK BELTS	7:20PM	8:00PM	6:00PM /*8:00PM				
BLACK BELTS 2nd & UP	7:20PM	8:00PM	6:00PM /*8:00PM				

KRAV MAGA & KICKBOXING		
MONDAY	WEDNESDAY	FRIDAY
8:00PM	6:40PM	7:20PM

15 years and up

## GET REWARDS with the NK APP!

Your App will keep track of points you earn for referring a friend, writing a positive review & more!

SEARCH APP STORE FOR  
 NATIONAL KARATE SCHOOLS  
 OR SCAN THE QR CODE



GET IT ON Google Play | GET IT ON the App Store



Like us on Facebook & Check in!

[www.facebook.com/MartialsArtsNKAurora](http://www.facebook.com/MartialsArtsNKAurora)

Follow us on Instagram!



[nationalkarateaurora](https://www.instagram.com/nationalkarateaurora)