



BARTLETT CLASS SCHEDULE

rlangley.nk.kickboxing@gmail.com

Director: Master Rita Langley

Head Instructor: Mr. Tony Roller

www.chicagonk.com

630-289-7777

A - Large Classroom

B - Small Classroom

Effective March 13, 2023

4 - 7 year olds**	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
White		3:30 PM		4:45 PM	4:30 PM	A 10:05 AM
Gold		4:00 PM		5:15 PM	Park Dist	B 10:05 AM
Green/Purple			A 4:00*/A 4:30	5:45 PM	Park Dist	A *9:00 / A 9:30
Blue & UP			B 4:00*/B 4:30	5:45 PM	Park Dist	B *9:00 / B 9:30

**2 classes/week

* Indicates a sparring class

8 - 12 Year olds 3 classes/wk

White		4:35 PM			5:00 PM	B 10:40 AM
Gold	3:45 PM		B 5:15 PM			A 10:40 AM
Green	3:45 PM	*6:50 PM	B 5:15 PM			A 10:40 /*11:15
Purple - Blue	4:30 PM	*6:50 PM	6:00 PM	4:00 PM		*11:15 AM
Red / Brwn Strp	5:15 PM		A 5:15 PM	*6:15 PM		*11:15 AM
Brown Belts	6:00 PM			*6:15 PM	5:45 PM	*11:15 AM
Brown/Bl Stripe	6:00 PM			*6:15 PM	5:45 PM	*11:15 AM
Youth Black Belt		*5:20 / 6:05				11:55 AM

13 - Adults

White - Blue	6:45 PM			7:45 PM	6:30 PM	
Red Stripe- Dbl Black	7:35 PM			7:45 PM	6:30 PM	
Adult Black Belt		7:35 PM	7:35 PM		7:20 PM	
Adult Sparring			*6:45 PM			
Krav Maga		6:50 PM		6:15 PM		
Kickboxing				7:00 PM		

*indicates a sparring class

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