



National Karate Schools

Instructors Mr Nelson, Mr Mazzola, Mr Manaloto, Mr Fieri, Ms Bardgett

www.ChicagoNK.com



E-Mail: nationalkarateelkgrove@gmail.com - **EFFECTIVE 8/3/2023**

802 E. Nerge Rd. Roselle Rd. IL 60172. 630-539-9969

*SPARRING CLASS						
4-7 YR OLD	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
WHITE BELTS		4:30PM		5:30PM		9:30AM
GOLD STRIPES		5:00PM		5:00PM		9:30AM
GREEN BELTS			4:30PM		*5:00PM	9:00AM
PURPLE & UP			4:30PM		*4:30PM	9:00AM

8-12 YR OLDS	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
WHITE BELTS		5:30PM		6:00PM		10:00AM
GOLD BELTS	5:40PM			4:25PM		10:40AM
GREEN BELTS	5:40PM		*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		6:00PM			5:30PM	*12:40PM
BLACK STRIPES		6:00PM			5:30PM	*12:40PM

BLACK BELTS	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
ALL BLACK BELTS	7:00PM		6:20PM	*7:20PM		

ADULTS 13 & up	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
WHITE & GOLD BELTS		6:40PM		6:30PM		
GREEN & PURPLE BELTS		6:40PM		6:30PM / *7:20PM		
BLUE & RED STRIPE		6:40PM		6:30PM / *7:20PM		
RED BELTS		6:40PM		6:30PM / *7:20PM		
BROWN & BLACK STRIPES		6:40PM		6:30PM / *7:20PM		

						*SPARRING CLASS
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KRAV MAGA & KICKBOXING

TUESDAY	THURSDAY
7:30PM	8:10PM

13 years and up



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