

National Karate

Might for Right!

Director: Jim Albertson
 Instructors: Ashley Ripley, Cory Tengwall
 Mimi McCabe, Gayatri Akula
 Assistant Instructors: Carter Vinson, Emma Bendickson
 Karynn Hasner

APPLE VALLEY
952-431-3130
 15265 Galaxie Ave. #300

Updated: January 2025

Little Masters

| | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
|----------------------|--------|---------|-----------|----------|-------------------|----------|
| White Belt | 5:00 | | 5:30 | | | 10:30 |
| Gold Stripe(s) | 5:00 | | 5:30 | | | 10:30 |
| Green Stripe(s) & Up | 5:30 | | 5:00 | | 6:15 Beg Sparring | 10:30 |

Youth Schedule

| | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
|--------------------|--------|---------|-----------|----------|-----------------------------|----------|
| White Belt | 6:00 | | 6:00 | | | 11:00 |
| Gold Belt | 6:00 | | 6:00 | | | 11:00 |
| Green Belt | 6:30 | | 6:30 | | 6:15 Beg Sparring | 11:00 |
| Purple Belt | | 4:50 | | 5:20 | 5:45 Class 6:15 Sparring | |
| Blue Belt | | 4:50 | | 5:20 | | |
| Red Belt | | 5:20 | | 4:50 | | |
| Brown Belt | | 5:50 | | 5:50 | 6:45 Class 7:15 Sparring | |
| 1 & 2 Black Stripe | | 5:50 | | 5:50 | | |
| Black Belt | | 6:20 | | 6:20 | | |

Teen & Adult Schedule

| Evening Classes | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday (am) |
|-------------------|--------|---------|-----------|---------------|--------|---------------|
| White Belt | 7:00 | | 7:00 | | | 9:40 |
| Gold/Green Belt | 7:00 | | 7:00 | | | 9:40 |
| Purple/Blue Belt | 7:00 | | 7:00 | | | 9:40 |
| Red Belt | 7:00 | | 7:00 | | | 9:40 |
| Brown Belt | 7:00 | | 7:00 | | | 9:40 |
| 1st & 2nd Blk Stp | 7:00 | | 7:00 | | | 9:40 |
| Black Belt | | 7:00 | | 7:00 | | 9:40 |
| | | 7:40 KB | | 7:40 Sparring | | |

For more information, go to www.nationalkarate.com

