

National Karate

Director: Ms. Christa Boone

Albertville
Might for Right!

Contact Info:
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Effective 09/05/23

Belt Level	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Tiny Tots Ages 3-4						
Tiny Tots	5:00pm		4:30pm			10:30am

Belt Level	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Children Ages 5-7						
No / White Belt		5:00pm		6:15pm		10:00am
Gold Stripe		5:30pm		4:30pm		10:00am
Green Stripe	4:30pm*		5:00pm		5:00pm	
Purple & Up	4:30pm*		5:00pm		5:00pm	

Belt Level	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Youth Ages 7-12						
No / White Belt		6:00pm		6:45pm		9:30am
Gold Belt	5:30pm			5:45pm	4:30pm	9:30am
Green Belt	6:00pm*		6:00pm		4:30pm	9:00am
Purple Belt	6:00pm*	6:30pm		5:00pm		9:00am
Blue Belt	6:45pm*	6:30pm		5:00pm	5:30pm***	
Red Belt	6:45pm*		6:30pm		6:00pm	11:00am
Brown Belt	6:45pm*		7:15pm		6:00pm	11:00am
Blk Str/Dbk Blk	6:45pm*		7:15pm		6:45pm	11:00am
Black Belt	6:45pm*	8:00pm		8:00pm	6:45pm	

Belt Level	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Family Class						
Family Class			5:30pm			

Belt Level	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Teen & Adult Evening Classes						
No / White Belt		7:15pm		7:15pm		8:15am**
Gold Belt	7:30pm*	7:15pm		7:15pm	7:30pm^	8:15am**
Green Belt	7:30pm*	7:15pm		7:15pm	7:30pm^	8:15am**
Purple Belt	7:30pm*	7:15pm		7:15pm	7:30pm^	8:15am**
Blue Belt	7:30pm*	7:15pm		7:15pm	7:30pm^	8:15am**
Red Belt	7:30pm*		6:30pm		6:00pm & 7:30pm^	8:15am**/11:00am
Brown Belt	7:30pm*		7:15pm		6:00pm & 7:30pm^	8:15am**/11:00am
Blk Str/Dbk Blk	7:30pm*		7:15pm		6:00pm & 7:30pm^	8:15am**/11:00am
Black Belt	7:30pm*	8:00pm		8:00pm	6:45pm	

*Sparring

**Aerobics/PadStrikes

*** Bo Skills

^ 18 and up, under black belt sparring

Private Lessons Available by Appointment