



March-May 2024 Schedule

651-769-0088

Co-Directors: Dan McDonough Dave Stelton
Sr Instructors: Gary Hui Sam Forthun
 Joel Forthun
Instructors: John Dugas Kenzie Kluz
Assist. Instructors: Gary Hansen Dawn LeVesque
 Valerie McDonough Kolmellen Monroe
 Ian Dugas Mel Williams
 Emily Balandin JoAnna Collins
 Michael Simones

	Rank	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Little Masters	White Belt		5:00		5:30		11:45
	Gold Stripes		5:00		5:30		11:45
	Green Stripes		5:30		5:00		11:45
	Purple Stripes		5:30		5:00		11:45
	Blue Stripes		5:30		5:00		11:45
	Red Stripes	5:30		5:30			11:45
	Brown Stripes	5:30		5:30			11:45
Youth Schedule	White Belt	5:30		5:30			11:45
	Gold Belt	5:30		5:30			10:00
	Green Belt	6:00		5:00			10:00
	Purple Belt	6:00		5:00			10:30
	Blue Belt	5:00		6:00			10:30
	Red Belt	6:30		6:30			11:00
	Brown Belt	7:00		7:00			11:00
Teen / Adult Schedule	White Belt	7:45		7:45			9:00
	Gold Belt	7:45		7:45			9:00
	Green Belt	7:45		7:45			9:00
	Purple Belt	7:45		7:45			9:00
	Blue Belt	7:45		7:45			9:00
	Red Belt	7:45		7:45			9:00
	Brown Belt	7:45		7:45			9:00
	Black Belt		7:00		6:00		9:00
Sparring	Youth Shorter		5:30			** 5:15 **	Youth Shorter
	Youth Taller		6:15			** 6:00 **	Youth Taller
	Teen/Adult				7:00	** 6:45 **	Teen/Adult

For more information, go to <https://www.nationalkarate.com/locations/cottage-grove>.

**** Friday sparring classes require full set of NK approved sparring gear. ****