

National Karate Bloomington

School Owner: Mr. Matthew Jarvi
 School Owner/Director: Mrs. Kairstin Jarvi
 Assistant Instructors: Ms. Lilia Ledesma, Mr. Carter Klein,
 Mr. Chris Kickhafer & Mrs. Wendy Breuer

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Children Ages 4-6

Effective 6/1/2024

Belt Level	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
White Belt	4:30 - 5:00			5:00 - 5:30		
1 & 2 Gold Stripes					5:00 - 5:30	9:00 - 9:30
Green & Blue Stripes		4:30 - 5:00**	5:00 - 5:30			
Red Stripes & Higher						
Tot Exam						9:30 - 10:00

Sparring**

Youth Ages 7-12

Belt Level	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
White Belt						
Gold Belt		5:00 - 5:30	4:30 - 5:00		5:30 - 6:00	10:00 - 10:30
Green Stripe						
Green Belt						
Purple Stripe			5:30 - 6:00		4:30 - 5:00	10:30 - 11:10
Purple Belt	5:00 - 5:40**					
Blue Stripe						
Blue Belt		5:30 - 6:00		4:30 - 5:00		
Red Stripe						
Red Belt						
Brown Stripe	5:40 - 6:20**		6:00 - 6:40	5:30 - 6:10		11:50 - 12:30
Brown Belt						
Blk Str/Dbk Blk					6:00 - 7:00***	
Black Belt	7:00 - 8:00**	7:00 - 7:40		7:20 - 8:00		
2nd Degree and Up		7:40 - 8:30	7:50 - 8:30			

Sparring**

Screening Prep Class***

Adult Evening Classes

Belt Level	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
White Belt				6:10 - 6:40		
Gold Belt						
Green Stripe						
Green Belt		6:00 - 6:30	6:40 - 7:10			11:10 - 11:50
Purple Stripe				6:40 - 7:20		
Purple Belt						
Blue Stripe						
Blue Belt						
Red Stripe	7:00 - 8:00**					
Red Belt						
Brown Stripe		6:30 - 7:00	7:10 - 7:50		6:00 - 7:00***	11:50 - 12:30
Brown Belt						
Blk Str/Dbk Blk						
Black Belt		7:00 - 7:40		7:20 - 8:00		
2nd Degree and Up		7:40 - 8:30	7:50 - 8:30****			
Kickboxing	6:20 - 7:00*					8:00 - 9:00*

Kickboxing*

Sparring**

Open Workout****

Screening Prep Class***

Kickboxing*