



Hopkins National Karate



School Owners:
Jay & Darby Throne

Head Instructor:
Nicole Tursich

Instructors:
Kenneth Goodwater

Assistant Instructors:
Naman Brahmhatt

Office Manager:
Tammy Goodwater

Might For Right!!!

1810 Mainstreet
Hopkins, MN 55343
952-546-3002
hopkins@nationalkarate.com
www.nationalkarate.com

****Effective April 29, 2024**

Children Ages 4-6

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
White Belt	5:00-5:30		5:00-5:30			9:45-10:15
Gold Stripe(s)	5:00-5:30		5:00-5:30			9:45-10:15
Green Stripes & Up	5:30-6:00 *		5:00-5:30		5:00-5:30**	9:45-10:15

* Sparring
Drills

** Sparring
(Instr Approval
required)

Youth Ages 7-11

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
White Belt	6:00-6:30		5:30-6:00			10:15-10:45
Gold & Green Str Belt	6:00-6:30		5:30-6:00			10:15-10:45
Green & Purple Str Belt	6:30-7:00		6:00-6:30		5:00-5:30**	10:45-11:15
Purple & Blue Str Belt	7:00-7:30		6:00-6:30		5:00-5:30**	10:45-11:15
Blue & Red Str Belt	7:00-7:30		6:30-7:00		5:00-5:30**	10:45-11:15
Red & Brown Str Belt		5:00-5:45		5:00-5:45	5:30-6:15**	11:15-12:00
Brown & 1 & 2 Black Str Belt		5:45-6:30		5:45-6:30	5:30-6:15**	11:15-12:00
Double Black Stripes		5:45-6:30		5:45-6:30	6:15-7:00** 7:00-7:45*	11:15-12:00
Black Belts		6:30-7:15		6:30-7:15		9:00-9:45*

** Sparring
* Screening
Prep

Teen & Adult Evening Classes

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
White Belt	7:30-8:15		7:00-7:45		6:15-7:00**	9:00-9:45
Gold & Green Str Belt	7:30-8:15		7:00-7:45		6:15-7:00**	9:00-9:45
Green & Purple Str Belt	7:30-8:15		7:00-7:45		6:15-7:00**	9:00-9:45
Purple & Blue Str Belt	7:30-8:15		7:00-7:45		6:15-7:00**	9:00-9:45
Blue & Red Str Belt	7:30-8:15		7:00-7:45		6:15-7:00**	9:00-9:45
Red & Brown Str Belt	7:30-8:15		7:00-7:45		6:15-7:00**	9:00-9:45
Brown & 1 & 2 Black Str Belt	7:30-8:15		7:00-7:45		6:15-7:00**	9:00-9:45
Double Black Stripes	7:30-8:15		7:00-7:45		6:15-7:00** 7:00-7:45*	9:00-9:45
Black Belts		6:30-7:15		6:30-7:15		9:00-9:45

7:15-8:00
Kickboxing

Kickboxing *

7:15-8:00**
Adult / Teen
Sparring

**Sparring

** Sparring
* Screening
Prep

Kickboxing