



NSKA Schedule of Classes – Effective August 22, 2011

| STUDENT CLASSES | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY | SUNDAY |
|---|---------------------------------|---|---------------------------------|---|-------------|-------------|--------|
| 4 to 5 years of age | 3:45-4:30 | | | | 3:45-4:30 | | |
| 4 to 6 years of age | | | 5:15 - 6:00 | | | 8:30-9:15 | |
| 6 years of age | 4:30-5:15 | | | | 4:30-5:15 | | |
| 7 to 8 years of age (all) | 5:15 - 6:00 | | 6:00 - 6:45 | | 5:15 - 6:00 | 9:15-10:00 | |
| 7 to 12 years of age White thru Purple Red thru Brown Jr. Black & Invitation | | 4:30 - 5:15 5:15 - 6:00 6:00 - 6:45 | | 4:30 - 5:15 5:15 - 6:00 6:00 - 6:45 | | | |
| 9 to 12 years of age (all) | 6:00 - 6:45 | | 4:30 - 5:15 | | 6:00 - 6:45 | 10:00-10:45 | |
| Junior Sparring | | | | | 6:45-7:30 | | |
| Teenagers 13 to 18 years of age | 6:45 - 7:45 | | 6:45 - 7:45 | | | | |
| Adults (all) | 11:30 - 12:30 am 7:45 - 8:45 | | 11:30 - 12:30 am 7:45 - 8:45 | | 7:30-8:30 | 10:45-11:45 | |
| Adult Brown & Black Adult Sparring Adult White & Green | | 6:45 - 7:45 7:45 - 8:45 | | 7:00-8:00 8:00-8:45 | | | |