

USA Karate - Maple Grove
Allan J. Kunstmann
Senior Master Instructor

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Belt Rank	Age	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Super Kids 3 and 4 years			5:40				10:00
White Belt	Junior 5 to 11 years	5:30	6:20	5:40	5:20	5:40	10:40
	Adult 12 years and up	7:30	7:30 Day Class 11:45	6:50	7:10 Day Class 11:45		
Gold Belt	Junior 5 to 11 years	5:30	6:20	5:40	5:20	5:40	10:40
	Adult 12 years and up	7:30	7:30 Day Class 11:45	6:50	7:10 Day Class 11:45		
Green Belt	Junior 5 to 11 years	5:30	6:20	5:40	5:20	6:40 Sparring	10:40
	Adult 12 years and up	7:30	7:30 Day Class 11:45	6:50	7:10 Day Class 11:45		
Purple Belt	Junior 5 to 11 years	5:30	6:20	5:40	5:20	6:40 Sparring	10:40
	Adult 12 years and up	7:30	7:30 Day Class 11:45	6:50	7:10 Day Class 11:45		
Blue Belt	Junior 5 to 11 years	5:30	6:20	5:40	5:20	6:40 Sparring	10:40
	Adult 12 years and up	7:30	7:30 Day Class 11:45	6:50	7:10 Day Class 11:45		
Red Belt	Junior 5 to 11 years	5:30	6:20	5:40	5:20	6:40 Sparring	10:40
	Adult 12 years and up	7:30	7:30 Day Class 11:45	6:50	7:10 Day Class 11:45		
Brown Belt	Junior 5 to 11 years	5:30	6:20	5:40	5:20	6:40 Sparring	10:40
	Adult 12 years and up	7:30	7:30 Day Class 11:45	6:50	7:10 Day Class 11:45		
Black Belt	Junior 5 to 11 years	6:40	6:20	5:50	5:20	6:40 Sparring	11:50
	Adult 12 years and up		7:30 Day Class 11:45	6:50	7:10 Day Class 11:45		
Specialty Classes		8:40 Self Defense		8:10 Workout	6:30 Weapons		

Remember that karate is always more fun with a friend! Share the Art with a friend!