

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

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 Grove MN 55311

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

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