

# Áine Ball

Instructor/Program Director

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# USA Karate

(763) 420-8333

March 27th 2023

# Allan J. Kunstmann

Senior Master Instructor

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Belt Rank	Age	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<b>Super Kids</b> 3 and 4 years			5:00				
White Belt	Junior 5 to 11 years	5:15	5:30	6:20	5:30	6:20	10:00
	Adult 12 years and up			6:55	7:10 WORKOUT		
Gold Belt	Junior 5 to 11 years	5:50	5:30	5:15	6:05	5:15	10:45
	Adult 12 years and up			6:55	7:10 WORKOUT		
Green Belt	Junior 5 to 11 years	5:50	6:30 Sparring	5:15	6:05	5:15	10:45
	Adult 12 years and up			6:55	7:10 WORKOUT		
Purple Belt	Junior 5 to 11 years	5:50	6:30 Sparring	5:15	6:05	5:15	10:45
	Adult 12 years and up			6:55	7:10 WORKOUT		
Blue Belt	Junior 5 to 11 years	5:50	6:30 Sparring	5:15	6:05	5:15	10:45
	Adult 12 years and up			6:55	7:10 WORKOUT		
Red Belt	Junior 5 to 11 years	5:50	6:30 Sparring	5:15	6:05	5:15	10:45
	Adult 12 years and up			6:55	7:10 WORKOUT		
Brown Belt	Junior 5 to 11 years	5:50	6:30 Sparring	5:15	6:05	5:15	10:45
	Adult 12 years and up			6:55	7:10 WORKOUT		
Black Belt	Junior 5 to 11 years	7:00	6:30 Sparring	5:15	6:05	5:15	12:00
	Adult 12 years and up			6:55	7:10 WORKOUT		