



# Apple Valley National Karate Schedule

**Owner:** Mrs. Libby Gangopadhyay  
**Director:** Mr. Shonal Gangopadhyay  
**Asst. Instructor:** Ms. Emma Bendickson  
**Asst. Instructor:** Mr. Tyler Bendickson  
**Asst. Instructor:** Mr. Levi Quion

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Effective: 6/1/2026

## Little Masters (5-7 years old)

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

## Youth Schedule (8-12 years old)

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
White Belt	6:00		6:00			11:00
Gold Belt	6:00		6:00			11:00
Green Belt	6:30		6:30		*6:15*	11:00
Purple Belt		4:50		5:20	5:45 / *6:15*	
Blue Belt		4:50		5:20	5:45 / *6:15*	
Red Belt		5:20		4:50	5:45 / *6:15*	
Brown Belt		5:50		5:50	6:45 / *7:15*	
Black Belt		6:20		6:20	6:45 / *7:15*	

## Teen & Adult Schedule

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
White Belt	7:00		7:00			9:40
Gold Belt	7:00		7:00			9:40
Green Belt	7:00		7:00	*7:40*		9:40
Purple Belt	7:00		7:00	*7:40*		9:40
Blue Belt	7:00		7:00	*7:40*		9:40
Red Belt	7:00		7:00	*7:40*		9:40
Brown Belt	7:00		7:00	*7:40*		9:40
Black Belt		7:00		7:00 / *7:40*		9:40
Kickboxing		7:40				9:00

\* Sparring \*