



(971) 281-4371

SENSEIALEX@NEXTGENERATIONKARATE.COM
2820 SE 58TH CT, HILLSBORO, OREGON 97123

*SCHOOL HOURS: MON-FRI 10AM-8PM
SATURDAY 9AM – 1PM
SUNDAY BY APPOINTMENT*

NGK CLASS SCHEDULE (EFFECTIVE OCTOBER 23, 2023)

CLASS TIMES	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<i>DAILY FOCUS</i>	<i>WEEKLY FOCUS (TAUGHT ALL 3 DAYS)</i>			<i>SPARRING</i>	<i>MARTIAL ARTS TRICKING</i>	<i>REVIEW CLASS</i>
4:30-5:00PM	GENERATION X		GENERATION X			
5:00-6:00PM	GENERATION Y	GENERATION Y	GENERATION Y	GENERATION Y & GENERATION Z YOUTH SPARRING	GENERATIONS X & Y TRICKING	10:00-10:30AM GENERATION X
6:00-7:00PM	GENERATION Z BEGINNER	GENERATION Z BEGINNER	GENERATION Z BEGINNER	GENERATION Z ADULT SPARRING	GENERATION Z TRICKING	10:30-11:00AM GENERATION Y
7:00-8:00PM		GENERATION Z INTERMEDIATE	GENERATION Z INTERMEDIATE		OPEN GYM (GEN Z ONLY) – 1 ST FRIDAY OF MONTH EFF. JAN 2023	11:00AM-12:00PM GENERATION Z

SCHEDULE IS SUBJECT TO CHANGE AT ANY TIME

GENERATION Z: BEGINNER CLASS IS WHITE, YELLOW, & ORANGE BELTS. INTERMEDIATE CLASS IS BLUE, PURPLE, & GREEN BELTS.

GETTING THE MOST VALUE FROM OUR UNLIMITED PROGRAMS:

- STUDENTS CAN ATTEND 6 DAYS/WEEK TO ALL CLASSES THAT APPLY TO THEIR PROGRAM. WE RECOMMEND A MINIMUM OF 2 DAYS/WEEK TO KEEP STUDENT PROGRESSING.
- EACH ENROLLED STUDENT WILL RECEIVE ONE COMPLIMENTARY PRIVATE LESSON EACH MONTH. SEE REVERSE FOR DETAILS REGARDING SCHEDULING.

GUIDELINES FOR ATTENDING CLASS:

- FULL UNIFORMS ARE REQUIRED WHICH INCLUDES NGK JACKET OR HOODIE, BLACK OR WHITE KARATE PANTS, NGK T-SHIRT, AND BELT.
- STUDENTS SHOULD ARRIVE NO EARLIER THAN 10 MINUTES BEFORE CLASS AND SHOULD BE PICKED UP WITHIN 10 MINUTES OF THE END OF CLASS.
- STUDENTS FEELING UNWELL OR EXHIBITING ANY SYMPTOMS OF ILLNESS CANNOT ATTEND CLASSES/LESSONS UNTIL THEY HAVE BEEN SYMPTOM-FREE FOR 24 HOURS.

Updated 10/20/2023



(971) 281-4371

SENSEIALEX@NEXTGENERATIONKARATE.COM
2820 SE 58TH CT, HILLSBORO, OREGON 97123

*SCHOOL HOURS: MON-FRI 10AM-8PM
SATURDAY 9AM – 1PM
SUNDAY BY APPOINTMENT*

SCHEDULING YOUR COMPLIMENTARY PRIVATE LESSON:

- STUDENTS ACTIVELY ENROLLED IN ANY NGK PROGRAM ARE ENTITLED TO ONE (1) COMPLIMENTARY PRIVATE LESSON EACH MONTH.
- MONTHLY TUITION CHARGES MUST BE PAID IN FULL BEFORE THE PRIVATE LESSON CAN BE SCHEDULED.
- THE COMPLIMENTARY PRIVATE LESSON CAN BE SCHEDULED NO EARLIER THAN THE 25TH DAY OF THE MONTH PRIOR (OR THE FIRST BUSINESS DAY THEREAFTER).
- THE PRIVATE LESSON MUST BE COMPLETED WITHIN THE CURRENT MONTH AND WILL NOT BE CARRIED OVER TO SUBSEQUENT MONTHS.
- LESSONS WILL ONLY BE SCHEDULED FOR ONE MONTH AT A TIME. AVAILABLE TIMES FOR LESSONS DURING THE MONTH ARE AT THE DISCRETION OF NGK MANAGEMENT.
- ALL LESSONS MUST BE SCHEDULED IN PERSON WITH THE NGK FRONT DESK. NO PHONE, TEXT OR EMAIL SCHEDULING WILL BE ACCEPTED FOR THE COMPLIMENTARY PRIVATE LESSON.
- REQUESTS FOR NEW APPOINTMENTS OR RESCHEDULING MUST BE RECEIVED 48 HOURS IN ADVANCE.
- “NO-SHOWS” OR CANCELLATIONS WITHOUT 24 HOURS NOTICE WILL NOT BE RESCHEDULED FOR THE MONTH.