



(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 FEBRUARY 27, 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>
5:00-6:00PM	GENERATION Y	GENERATION Y	GENERATION Y	GENERATION Y & GENERATION Z YOUTH SPARRING	GENERATION Y TRICKING	10:00-11:00AM GENERATION Y
6:00-7:00PM	GENERATION Z BEGINNER	GENERATION Z BEGINNER	GENERATION Z BEGINNER	GENERATION Z ADULT SPARRING	GENERATION Z TRICKING	11:00AM-12:00PM GENERATION Z
7:00-8:00PM	GENERATION Z INTERMEDIATE	GENERATION Z INTERMEDIATE	GENERATION Z INTERMEDIATE		OPEN GYM (GEN Z ONLY) – 1 ST FRIDAY OF MONTH EFF. JAN 2023	

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 PRIVATE LESSON EACH MONTH. PLEASE SCHEDULE AT THE FRONT DESK.

GUIDELINES FOR ATTENDING CLASS:

- FULL UNIFORMS ARE REQUIRED WHICH INCLUDES JACKET, 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.