



Northern Karate Schools Maple Dojo

225 McNaughton Rd E, Unit 2
Maple, ON L6A 4P5

maple@northernkarate.com
905-303-5202

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
4:00-4:45 Children's BBM	4:00-4:45 Junior Pre/Masters	4:00-4:45 Junior Pre/Masters	4:00-4:45 Children's BBM	4:00-4:45 Junior Pre/Masters	9:00-9:45 All Black Belt Curriculum	10:00-10:30 Children's Novice
4:45-5:30 Junior Pre/Masters	4:45-5:15 Children's Novice	4:45-5:30 Children's BBM	4:45-5:30 Junior Pre/Masters	4:45-5:00 Junior Black Belts	10:00-10:30 Children's Novice	10:30-11:15 Children's BBM Yellow & Orange
5:30-6:15 Children's BBM	5:15-6:00 Children's BBM	5:30-6:15 Junior Pre/Masters	5:30-6:00 Children's Novice	5:00-5:45 Children's BBM Yellow & Orange	10:30-11:15 Children's BBM Yellow & Orange	11:15-12:00 Children's BBM Green-Adv Blue
6:15-6:45 Children's Novice	6:00-6:45 Junior Pre/Masters	6:15-7:00 Children's BBM	6:00-6:45 Children's BBM	5:45-6:30 Children's BBM Green-Adv Blue	11:15-12:00 Children's BBM Green-Adv Blue	12:00-12:45 Junior Pre/Masters
6:45-7:30 Junior Pre/Masters	6:45-7:30 Children's BBM	7:00-7:30 Children's Novice	6:45-7:30 Junior Pre/Masters	6:30-7:00 Children's Novice	12:00-12:45 Junior Pre/Masters	12:45-1:30 Family Class
					12:45-1:30 Masters SD & Weapons	
7:30-8:15 Teen Masters (Ages 11-16)	7:30-8:30 Adults: All Belt Novice to 8:15	7:30-8:15 Teen Masters (Ages 11-16)	7:30-8:30 Adults: All Belt Novice to 8:15	7:00-8:00 Adults: All Belt Novice to 7:45	1:30-2:30 Adults: All Belt Novice to 2:15	12:45-1:45 Adults: All Belt Novice to 1:30
8:15-9:15 Adults: All Belt Novice to 9:00 Masters to 9:30	8:30-9:30 Combat Class	8:15-9:15 Adults: All Belt Novice to 9:00 Masters to 9:30	8:30-8:45 Black Belt Extension	8:00-9:00 Combat Class	Effective April 2nd, 2018	

Dojo Etiquette

- Attend class 2 - 3 times per week and practice for regular promotion
- Arrive 10 - 15 minutes prior to your class and quietly prepare yourself on the black mats
- Remove your shoes upon entering the school and place them in the storage provided
- Sign-in on attendance computer. Store coats and bags in change room
- Keep uniforms neat, clean, odour-free and in good repair
- Affix appropriate NKS program crest to all uniforms
- No student or guest is permitted in the office unless authorized by staff
- For safety, jewellery should be removed while training
- No food or beverages are permitted beyond the tiled reception area, except water

Student Creed

I promise to become the best possible person I can be

With honesty in my heart,
confidence in my mind and
strength in my body

I will achieve excellence and
share it with others

What is your Goal
Black Belt Excellence

What is your Quest
Personal Best