

Northern Karate School - Woodbridge
 3883 Rutherford Rd. Unit 8 & 9 Woodbridge Ont., L4L 9R8 Phone: (905) 265-7777,
 Email: Rutherford@northernkarate.com (Effective March 16, 2018)

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
12:00 - 12:45 Adult All Belts BBM & Pre/Mas cont'd to 1:00	3:50 - 4:35 Children Pre-Masters & Maters	12:00 - 12:45 Adult All Belts BBM & Pre/Mas cont'd to 1:00	3:50 - 4:35 Children Pre- Masters & Masters	12:00 - 12:45 Adult All Belts BBM & Pre/Mas cont'd to 1:00	9:15 - 10:00 Black Belt Class	10:00 - 10:30 Children Novice
3:50 - 4:30 Children BBM Yellow - Adv Blue	4:35 - 5:15 Children BBM Yellow - Adv Blue	3:50 - 4:30 Children BBM Yellow - Adv Blue	4:35 - 5:15 Children BBM Yellow - Adv Blue	3:50 - 4:35 Children Pre-Masters & Masters	9:30 - 10:15 Kids, Teen & Adult MMA/Fitness Class	10:30 - 11:10 Children BBM Yellow - Green
4:30 - 5:15 Children Pre-Masters & Masters	5:15 - 5:45 Children Novice	4:30 - 5:15 Children Pre-Masters & Masters	5:15 - 6:00 Children Pre-Masters & Masters	4:35 - 5:15 Children BBM Yellow - Adv Blue	10:00 - 10:30 Children Novice	11:10 - 11:50 Children BBM Green - Adv Blue
5:15 - 5:55 Children BBM Yellow - Adv Blue	5:45 - 6:30 Children Pre-Masters & Masters	5:15 - 5:55 Children BBM Yellow - Adv Blue	6:00 - 6:40 Children BBM Yellow - Adv Blue	5:15 - 6:00 Children Pre-Masters & Masters	10:30 - 11:10 Children BBM Yellow - Green	11:10 - 11:50 Children Adv Brown 3-4 Stripes
5:55 - 6:40 Children Pre-Masters & Masters	6:30 - 7:10 Children BBM Yellow - Adv Blue	5:55 - 6:25 Children Novice	6:40 - 7:10 Children Novice	6:00 - 6:30 Children Novice	11:10 - 11:50 Children BBM Green - Adv Blue	11:50 - 12:35 Children Pre-Masters & Masters
6:40 - 7:20 Children BBM Yellow - Adv Blue	7:10 - 7:55 Children Pre-Masters & Masters	6:25 - 7:10 Children Pre-Masters & Masters	7:10 - 7:50 Children BBM Yellow - Adv Blue	6:30 - 7:10 Children BBM Yellow - Adv Blue	11:10 - 11:50 Children Adv Brown 3-4 Stripes	
7:20 - 7:50 Children Novice					11:50 - 12:35 Children Pre-Masters & Masters	
	7:55 - 8:40 Adult Novice		7:50 - 8:35 Adult Novice	7:10 - 7:55 Pre-Masters & Masters 11yrs - 16yrs	12:35 - 1:15 Children Pre-Masters & Masters Weapons & S.D	12:35 - 1:15 Family Class
7:50 - 8:35 Pre-Masters & Masters 11 yrs - 16yrs	7:55 - 8:55 Adult BBM	7:10 - 7:55 Pre-Masters & Masters 11 yrs - 16 yrs	7:50 - 8:50 Adult BBM	7:55 - 8:40 Adult Novice	1:15 - 2:00 Adult Novice	1:15 - 2:00 Adult Novice
8:35 - 9:20 Adult Novice	7:55 - 8:55 Adult	7:55 - 8:40 Adult Novice	7:50 - 8:50 Adult	7:55 - 8:55 Adult BBM, Pre-Masters & Masters	1:15 - 2:15 Adult BBM, Pre-Masters & Masters	1:15 - 2:15 Adult BBM, Pre-Masters & Masters
8:35 - 9:30 Adult BBM	Pre-Masters & Masters	7:55 - 9:00 Adult BBM	Pre-Masters & Masters		Children Novice	
8:35 - 9:30 Adult Pre-Masters & Masters	8:55 - 9:10 Pre-Masters & Masters Weapons Extension	7:55 - 9:00 Adult Pre-Masters & Masters	8:50 - 9:05 Pre-Masters & Masters Kata Extension		Children BBM	
					Children Pre-Masters & Masters	
					Adult Novice, BBM, Pre-Masters & Masters, Family & Pre-Master & Masters 11yr - 16yr	