



| MON  | TUE   | WED  | THU   | FRI  | SAT   | SUN   |
|--|---|--|---|--|---|---|
|  | 9:30-11:00am<br>Yoga                                |  | 9:30-11:00am<br>Yoga                                      | <b>COLOUR BELT EXAMS</b><br>Please note: The last Tuesday of the month is exam day, all classes are CANCELLED on this day (unless you are testing). Check the monthly calendar for further notice. |   |   |
|  | 12:00-12:45pm<br>Youth/Adult<br>Novice              |  | 12:00-12:45pm<br>Youth/Adult<br>Novice                    |  |   |   |
|  | 12:00-1:00pm<br>Youth/Adult<br>BBM                  |  | 12:00-1:00pm<br>Youth/Adult<br>BBM                        |  | 8:00-9:30am<br>Youth/Adult<br>Black Belts     | 8:30-9:45am<br>MAS Black Belt<br>Preparation                        |
|  | 12:00-1:30pm<br>Youth/Adult<br>Pre & MAS            |  | 12:00-1:30pm<br>Youth/Adult<br>Pre & MAS                  |  | 9:45-10:15am<br>Family Novice                 | 9:45-10:15am<br>Family Novice                                       |
| 4:00-4:30pm<br>Jr Novice                             | 4:00-4:30pm<br>Jr Novice                            | 4:00-4:30pm<br>Jr Novice   | 1:30-2:00pm<br>Shihan Kai<br>Sandan & Above               | 4:00-4:30pm<br>Jr Novice   | 4:00-4:45pm<br>Jr BBM Yellow<br>to Adv Orange | 4:45-5:30pm<br>Jr BBM Green<br>& Above                              |
| 4:00-4:30pm<br>Jr BBM Yellow<br>& Adv Yellow         | 4:00-4:30pm<br>Jr Novice                            | 4:00-4:30pm<br>Jr BBM Yellow<br>& Adv Yellow                               | 4:00-4:30pm<br>Jr Novice                                  | 4:00-4:30pm<br>Jr BBM Yellow<br>& Adv Yellow   | 4:45-6:15pm<br>MAS & PreMAS                   | 5:30-6:15pm<br>Jr BBM/PreMAS/<br>MAS Sparring                       |
| 4:30-5:15pm<br>Jr BBM Orange<br>to Adv Green         | 4:00-4:30pm<br>Jr BBM Yellow<br>& Adv Yellow        | 4:30-5:15pm<br>Jr BBM Orange<br>to Adv Green                               | 4:00-4:30pm<br>Jr BBM Yellow<br>& Adv Yellow              | 4:30-5:15pm<br>BBM Blue<br>& Above   | 5:30-6:15pm<br>Family Novice                  | 6:15-6:45pm<br>Family Novice  |
| 5:15-6:00pm<br>Jr BBM Blue<br>& Above                | 4:30-5:15pm<br>BBM Blue<br>& Above                  | 5:15-6:00pm<br>Jr BBM Blue<br>& Above                                      | 4:30-5:15pm<br>BBM Blue<br>& Above                        | 6:15-6:45pm<br>Family Yellow<br>& Adv Yellow   | 6:45-7:20pm<br>Family BBM<br>Orange & Above   | 7:20-8:00pm<br>Family MAS<br>& PreMAS                               |
| 5:15-6:15pm<br>Jr PreMAS                             | 4:30-5:30pm<br>Jr MAS & PreMAS                      | 5:15-6:15pm<br>Jr PreMAS   | 4:30-5:30pm<br>Jr MAS & PreMAS                            | 6:45-7:20pm<br>Family BBM<br>Orange & Above  | 7:20-8:00pm<br>Family MAS<br>& PreMAS         | 8:00-8:45pm<br>Youth/Adult<br>Novice                                |
| 5:15-6:30pm<br>Jr/Youth MAS &<br>Black Belt Prep     | 5:30-6:15pm<br>Jr BBM Yellow,<br>Orange, Green      | 5:15-6:30pm<br>Jr/Youth MAS &<br>Black Belt Prep                           | 5:30-6:15pm<br>Jr BBM Yellow,<br>Orange, Green            | 7:20-8:00pm<br>Family MAS<br>& PreMAS  | 1:30-2:30pm<br>Youth/Adult<br>Novice          | 1:30-2:30pm<br>Youth/Adult<br>Novice                                |
| 6:30-7:00pm<br>Family Novice                         | 6:15-6:45pm<br>Family Novice                        | 6:30-7:00pm<br>Family Novice   | 6:15-6:45pm<br>Family Novice                              | 7:20-8:00pm<br>Family MAS<br>& PreMAS  | 1:30-2:15pm<br>Youth/Adult<br>Novice          | 1:00-1:45pm<br>Youth/Adult<br>Novice                                |
| 6:30-7:00pm<br>Family BBM<br>Yellow to<br>Adv Orange | 6:15-6:45pm<br>Family BBM<br>Yellow &<br>Adv Yellow | 6:30-7:00pm<br>Family BBM<br>Yellow to<br>Adv Orange                       | 6:15-6:45pm<br>Family BBM<br>Yellow &<br>Adv Yellow       | 8:00-8:45pm<br>Youth/Adult<br>Novice   | 1:30-2:30pm<br>Youth/Adult<br>BBM             | 1:00-2:00pm<br>Youth/Adult<br>BBM                                   |
| 7:00-7:45pm<br>Family<br>Green Belts<br>& Above      | 6:45-7:30pm<br>Family BBM<br>Orange & Above         | 7:00-7:45pm<br>Family<br>Green Belts<br>& Above                            | 6:45-7:30pm<br>Family BBM<br>Orange & Above               | 8:00-8:45pm<br>Youth/Adult<br>Novice   | 1:30-2:30pm<br>NKS Alumni                     | 1:00-2:15pm<br>Youth/Adult<br>MAS & PreMAS                          |
| 7:00-7:45pm<br>MAS Black Belt<br>Prep                | 7:30-8:15pm<br>Youth/Adult MAS<br>Kobudo            | 7:00-7:45pm<br>MAS Black Belt<br>Prep                                      | 7:30-8:15pm<br>Youth/Adult<br>Novice                      | 8:00-8:45pm<br>Youth/Adult<br>Novice   | 1:30-3:00pm<br>Youth/Adult<br>MAS & PreMAS    | 2:15-3:00pm<br>BLACK BELT CLUB<br>Black Belts -<br>18 yrs & younger |
| 7:45-8:45pm<br>Youth/Adult MAS                       | 8:15-8:45pm<br>Youth/Adult MAS<br>& PreMAS Kata     | 7:45-8:45pm<br>Youth/Adult<br>Black Belts ONLY<br>Combat &<br>Conditioning | 7:30-8:30pm<br>Youth/Adult<br>Black Belt Prep<br>& PreMAS | 8:00-9:00pm<br>Youth/Adult<br>BBM  |   |   |
| 8:45-9:15pm<br>Sandan & Above<br>Workshops           |   | 8:45-9:30pm<br>Youth/Adult<br>Novice                                       | 8:30-9:45pm<br>Black Belt Prep<br>Shodan<br>Candidates    | 8:00-9:00pm<br>Youth/Adult<br>BBM  |   |   |
| 8:45-9:30pm<br>Youth/Adult<br>Novice                 | 8:45-9:30pm<br>Youth/Adult<br>Novice                | 8:45-9:45pm<br>Youth/Adult<br>BBM  | 8:30-9:45pm<br>Youth/Adult<br>MAS                         | 8:00-9:30pm<br>Youth/Adult<br>BBM & PreMAS<br>& Black Belt Kata<br>Prep  |   |   |
| 8:45-9:45pm<br>Youth/Adult<br>BBM & PreMAS           | 8:45-9:45pm<br>Youth/Adult<br>BBM & PreMAS          | 8:45-9:45pm<br>Youth/Adult<br>PreMAS, Brown<br>& Adv Brown                 |   |  |   |   |

SUPPORTING OUR COMMUNITY -- NKS CAN RAISE FUNDS FOR YOUR CHILD'S SCHOOL! PLEASE SEE NKS STAFF FOR MORE INFORMATION.  
 ATTEND 2-3 CLASSES PER WEEK: APPROPRIATE TO AGE, PROGRAM LEVEL AND BELT RANK. MAXIMUM: 1 CLASS PER DAY (except where classes are consecutive for your belt level) LAST TUESDAY OF EACH MONTH CLASSES WILL BE CANCELLED DUE TO BELT EXAMS.