

Northern Karate Schools

11160 Yonge Street Richmond Hill, ON L4S 1H5 905.508.5811

Effective: January 14, 2019

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Adult All Belts 12:30 - 1:15	Remember FIRST TUESDAY EACH MONTH: <i>Cardio Combat:</i> 7:30pm - 8:45pm <i>All Belts Class:</i> 8:45pm - 9:45pm	Adult All Belts 12:30 - 1:15	Remember LAST THURSDAY OF EACH MONTH GRADING DAY ALL REGULAR CLASSES CANCELLED	Adult All Belts 12:30 - 1:15
BBM & Masters 12:30 - 1:45		BBM & Masters 12:30 - 1:45		BBM & Masters 12:30 - 1:45

SATURDAY	SUNDAY
Junior Novice 9:00 - 9:30	Junior BBM Yellow & Orange 9:00 - 9:40
Junior Novice 9:30 - 10:00	Junior BBM Yellow & Orange 9:40 - 10:20
Junior BBM Yellow & Orange 10:00 - 10:40	Junior BBM Green & Up 10:20 - 11:00
Junior BBM Green & Up 10:40 - 11:20	Junior Pre-Masters 10:20-11:00
Junior Masters Brown/AdvBrown Black Belt Prep 11:20 - 12:10	Junior BBM Green & Up 11:00 - 11:40
Jr Black Belts Masters Dojo 12:10 - 12:50	Junior Pre-Masters 11:00-11:40
Junior BBM Yellow & Orange 12:10 - 12:50	Junior Novice 11:40 - 12:10
Junior BBM Green & Up 12:50 - 1:30	Junior Novice 12:10 - 12:40
Junior Pre-Masters 12:50 - 1:30	Junior Masters 12:40 - 1:30

Junior Novice 4:00 - 4:30	Junior BBM Yellow & Orange 3:55 - 4:30	Junior BBM Yellow & Orange 4:00 - 4:40	Junior BBM Green & Up 4:00 - 4:40	Jr. Masters Jr. Pre-Masters Weapons Wrkshp 4:00 - 4:30
Junior Masters Black Belt Prep 4:30 - 5:20	Junior BBM Green & Up 4:30 - 5:05	Junior Pre-Masters 4:00 - 4:40	Junior Novice 4:40 - 5:10	Junior BBM Green & Up 4:30 - 5:05
Junior BBM Green & Up 5:20 - 6:00	Junior Pre-Masters 4:30 - 5:05	Junior Novice 4:40 - 5:10	Junior BBM Yellow & Orange 5:10 - 5:50	NEW Junior BBM Yellow & Orange 5:05 - 5:40
Junior Novice 6:00 - 6:30	Junior Novice 5:05 - 5:35	Junior Masters 5:10 - 6:00	Junior BBM Green & Up 5:50 - 6:30	NEW Junior Masters 5:40 - 6:20
Junior BBM Yellow & Orange 6:30 - 7:10	Junior BBM Yellow & Orange 5:35 - 6:10	Junior Novice 6:00 - 6:30	Junior Pre-Masters 5:50 - 6:30	NEW Junior BBM Yellow & Orange 6:20 - 6:55
Junior BBM Green & Up 7:10 - 7:50	Junior Pre-Masters 6:10 - 6:50	Junior BBM Yellow & Orange 6:30 - 7:10	Junior Masters Black Belt Prep 6:30 - 7:20	NEW Junior BBM Green & Up 6:55 - 7:30
Junior Pre-Masters 7:10 - 7:50	Junior Black Belts 6:10 - 6:50	Junior BBM Green & Up 7:10 - 7:50	Junior Novice 7:20 - 7:50	NEW Junior Novice 7:30 - 8:00



Junior Masters
Brown/AdvBrown
Black Belt Prep
6:50 - 7:30



Please bring your
Sparring Gear when
indicated on your monthly
calendar.

Combat Veritas

MMA Classes open to NKS members
12 years +
Novice, BBM,
Pre-Masters or Masters

Find us on:
facebook Northern Karate -
Richmond Hill

Combat Veritas Youth/Adult MMA 7:50 - 8:50	Adult Masters 7:30 - 8:30		Adult Novice 7:20 - 8:00	Adult Novice 8:00 - 8:40
Adult Novice 7:50 - 8:30	Adult Nidan + 7:30 - 9:00		Adult Masters 7:50 - 8:50	Adult BBM 8:00 - 9:00
Adult BBM 7:50 - 8:50	Adult Novice 9:00 - 9:40		Adult Novice 8:50 - 9:30	Adult Masters & Pre-Masters 8:00 - 9:15
Adult Pre-Masters 7:50 - 8:50	Adult BBM 9:00 - 10:00		Adult BBM 8:50 - 9:50	Adult Masters 8:20 - 9:20
Adult Masters 8:50 - 9:50	Adult Pre-Masters 9:00 - 10:00		Adult Pre-Masters 8:50 - 9:50	Adult Shodan + 8:20 - 9:50



Combat Veritas Youth/Adult MMA 1:30 - 2:30	Adult Novice 1:30 - 2:10
Adult Sandan + Masters Dojo NEW 1:30 - 2:45	Adult BBM 1:30 - 2:30
NEW Adult Novice 2:45 - 3:30	Adult Masters & Pre-Masters 1:30 - 3:00
NEW Adult BBM 2:45 - 3:45	
NEW Adult Masters & Pre-Masters 2:45 - 4:00	