



MON	TUE	WED	THU	FRI	SAT	SUN
	9:30-11:00am Yoga		9:30-11:00am Yoga	COLOUR BELT EXAMS 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 Youth/Adult Novice		12:00-12:45pm Youth/Adult Novice			
	12:00-1:00pm Youth/Adult BBM		12:00-1:00pm Youth/Adult BBM		8:00-9:30am Youth/Adult MAS & Black Belt Prep	8:30-9:45am MAS Black Belt Preparation
	12:00-1:30pm Youth/Adult Pre & MAS		12:00-1:30pm Youth/Adult Pre & MAS			
4:00-4:30pm Jr Novice		4:00-4:30pm Jr Novice	1:30-2:00pm Shihan Kai Sandan & Above	4:00-4:30pm Jr Novice	9:45-10:15am Family Novice	9:45-10:15am Family Novice
4:00-4:30pm Jr BBM Yellow & Adv Yellow		4:00-4:30pm Jr BBM Yellow & Adv Yellow		4:00-4:45pm Jr BBM Yellow to Adv Orange		
	4:00-4:30pm Jr Novice		4:00-4:30pm Jr Novice		10:15-11:00am Family Yellow to Orange	10:15-11:00am Family Yellow to Orange
4:30-5:15pm Jr BBM Orange to Adv Green	4:00-4:30pm Jr BBM Yellow & Adv Yellow	4:30-5:15pm Jr BBM Orange to Adv Green	4:00-4:30pm Jr BBM Yellow & Adv Yellow	4:45-5:30pm Jr BBM Green & Above		
5:15-6:00pm Jr BBM Blue & Above	4:30-5:15pm BBM Blue & Above	5:15-6:00pm Jr BBM Blue & Above	4:30-5:15pm BBM Blue & Above	4:45-6:15pm MAS & PreMAS	11:00-11:45am Family Adv Orange to Adv Green	11:00-11:45am Family Adv Orange to Adv Green
5:15-6:15pm Jr PreMAS		5:15-6:15pm Jr PreMAS		5:30-6:15pm Jr BBM/PreMAS/ MAS Sparring	11:00-12:00pm Family "Fast Track" Blue & Adv Blue	11:00-12:00pm Family "Fast Track" Blue & Adv Blue
5:15-6:30pm Jr/Youth MAS & Black Belt Prep	4:30-5:30pm Jr MAS & PreMAS & Black Belt Prep	5:15-6:30pm Jr/Youth MAS & Black Belt Prep	4:30-5:30pm Jr MAS & PreMAS & Black Belt Prep	6:15-6:45pm Family Novice	12:00-1:00pm Family PreMAS	12:00-1:00pm Family MAS & PreMAS
6:30-7:00pm Family Novice	5:30-6:15pm Jr BBM Yellow, Orange, Green	6:30-7:00pm Family Novice	5:30-6:15pm Jr BBM Yellow, Orange, Green	6:15-6:45pm Family Yellow & Adv Yellow	12:00-1:30pm Family MAS	
6:30-7:00pm Family BBM Yellow to Adv Orange	6:15-6:45pm Family Novice	6:30-7:00pm Family BBM Yellow to Adv Orange	6:15-6:45pm Family Novice		1:30-2:15pm Youth/Adult Novice	1:00-1:45pm Youth/Adult Novice
7:00-7:45pm Family Green Belts & Above	6:15-6:45pm Family BBM Yellow & Adv Yellow	7:00-7:45pm Family Green Belts & Above	6:15-6:45pm Family BBM Yellow & Adv Yellow	6:45-7:20pm Family BBM Orange & Above	1:30-2:30pm Youth/Adult BBM	1:00-2:00pm Youth/Adult BBM
7:00-7:45pm MAS Black Belt Prep	6:45-7:30pm Family BBM Orange & Above	7:00-7:45pm Family Green Belts & Above	6:45-7:30pm Family BBM Orange & Above		1:30-2:30pm Youth/Adult BBM	
7:45-8:45pm Youth/Adult MAS & Black Belt Prep	7:30-8:15pm Youth/Adult MAS Kobudo	7:00-7:45pm MAS Black Belt Prep	7:30-8:15pm Youth/Adult Novice	7:20-8:00pm Family MAS & PreMAS	1:30-2:30pm NKS Alumni	1:00-2:15pm Youth/Adult MAS & PreMAS
8:45-9:15pm Sandan & Above Workshops	8:15-8:45pm Youth/Adult MAS & PreMAS Kata	7:45-8:45pm Youth/Adult Black Belts ONLY Combat & Conditioning	7:30-8:30pm Youth/Adult BBM & PreMAS	8:00-8:45pm Youth/Adult Novice	1:30-3:00pm Youth/Adult MAS & PreMAS & Black Belt Prep	2:15-3:00pm BLACK BELT CLUB Black Belts - 18 yrs & younger
8:45-9:30pm Youth/Adult Novice		8:45-9:30pm Youth/Adult Novice	8:30-9:45pm Black Belt Prep Shodan Candidates			
	8:45-9:30pm Youth/Adult Novice	8:45-9:45pm Youth/Adult BBM	8:30-9:45pm Youth/Adult MAS	8:00-9:00pm Youth/Adult BBM		
8:45-9:45pm Youth/Adult BBM & PreMAS	8:45-9:45pm Youth/Adult BBM & PreMAS	8:45-9:45pm Youth/Adult PreMAS, Brown & Adv Brown		8:00-9:30pm Youth/Adult BBM		
	8:45-9:45pm Youth/Adult BBM & PreMAS			8:00-9:30pm Youth/Adult MAS & PreMAS & Black Belt Kata Prep		

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.