

NORTHERN KARATE

LESLIEVILLE/BEACHES

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www.northernkarateschools.com



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	Novice 7 and Under 3:45pm - 4:15 pm	Yellow - Orange Adv. 7 and Under 4:00pm - 4:40 pm	*Novice 7 and Under 3:45pm - 4:15 pm		
	Yellow - Orange Adv 7 and Under 4:20 pm -5:00 pm	Green-Blue 7 and Under 4:40 pm -5:20 pm	*Yellow - Orange Adv 7 and Under 4:20 pm -5:00 pm		Pre/Masters 14 and under 12:15pm-1:00pm
	Novice 8 - 14 5 pm - 5:30 pm	Yellow - Orange 8-14 5 pm - 5:45 pm	Blue Adv - Pre/Masters 14 and under 5:20 pm - 6:00 pm	*Green-Blue Belts 14 and Under 5:00 pm - 5:40 pm **Refreshers by appointment**	Novice 14 and under 1:00 pm - 1:30 pm
	Green - Blue Adv Youth 5:45 pm - 6:30 pm	Novice 14 and Under 6:00 pm - 6:30 pm	*Yellow-Orange Adv Belt 14 and Under 5:40 pm - 6:20 pm		Adults White-Blue Belt 1:40 pm - 2:20 pm
	FAMILY CLASS 6:30 pm - 7:15 pm	Yellow-Blue 8-14 yrs old 6:30 pm - 7:10 pm	*Novice 14 and Under 6:20 pm - 6:50 pm		Adults Blue Adv - Pre/Masters 2:20 pm - 3:10 pm
	Youth Pre/ Masters 7:15 pm - 8:00 pm	Adult Novice 7:10 pm - 7:40 pm	*Blue Adv- Pre/Masters 14 and Under 7:00 pm - 7:40 pm		Yellow - Orange Adv 14 and under 3:10 pm - 3:50 pm
	Adult Masters 8:00 pm - 9:00 pm	Adult Intermediates 7:45 pm - 8:30 pm	*Adults Novice 7:40 pm - 8:10 pm		Green-Blue Adv 14 and under 3:50 pm - 4:30 pm
	All Belts Adults 9:00 pm - 10:00 pm	Adult Pre/Masters 8:30 pm - 9:30 pm	*Yellow Belts and Above Adults 8:10 pm - 9:00 pm		
Effective: June 2019			*Adult Masters Extension 9:00 pm - 9:30 pm	*Last Thursday of every month, regular classes cancelled for colour belt graduations.	

STUDENT CREED

1. I promise to be the best possible person that I can be.
2. With *honesty* in my heart, *confidence* in my mind and *strength* in my body.
3. I will achieve excellence and share it with others.

CALL: *What is your goal?*
What is your quest?

RESPONSE: Black Belt Excellence!
Personal Best!

