

Northern Karate School - Woodbridge

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 Email: Rutherford@northernkarate.com (Effective May 15/2019 to July 13/2019)

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 & Masters	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 Pre-Masters & Masters	4:35 - 5:15 Children BBM Yellow - Adv Blue	3:50 - 4:30 Black Belt Class 13yrs & Younger	4:35 - 5:05 Children Novice	3:50 - 4:35 Children Pre-Masters & Masters	9:30 - 10:15 Kids, Teen & Adult MMA/Fitness Class	10:30 - 11:15 Children BBM Yellow - Adv Blue
4:30 - 5:10 Children Pre-Masters & Masters	5:15 - 5:45 Children Novice	3:50 - 4:30 Children BBM Yellow - Adv Blue	5:05 - 5:45 Children BBM Yellow - Adv Blue	4:35 - 5:15 Children BBM Yellow - Adv Blue	10:00 - 10:30 Children Novice	11:15 - 12:00 Children Pre-Masters & Masters
5:10 - 5:50 Children BBM Yellow - Adv Blue	5:45 - 6:30 Children Pre-Masters & Masters	4:30 - 5:15 Children Pre-Masters & Masters	5:45 - 6:30 Children Pre- Masters & Masters	5:15 - 6:00 Children Pre-Masters & Masters	10:30 - 11:15 Children BBM Yellow - Adv Blue	
5:50 - 6:30 Children Pre-Masters & Masters	6:30 - 7:10 Children BBM Yellow - Adv Blue	5:15 - 5:55 Children BBM Yellow - Adv Blue	6:30 - 7:10 Children BBM Yellow - Adv Blue	6:00 - 6:30 Children Novice	11:15 - 12:00 Children Pre-Masters & Masters	
6:30 - 7:00 Children Novice	7:10 - 7:55 Children Pre-Masters & Masters	5:55 - 6:25 Children Novice	7:10 - 7:55 Children Pre-Masters & Masters	6:30 - 7:10 Children BBM Yellow - Adv Blue	12:00 - 12:45 Children Pre- Masters & Masters	
7:00 - 7:40 Children BBM Yellow - Adv Blue		6:25 - 7:10 Children Pre-Masters & Masters				
7:40 - 8:20 Children Pre-Masters & Masters						
	7:55 - 8:40 Adult Novice		7:55 - 8:40 Adult Novice	7:10 - 7:55 Pre-Masters & Masters 11yrs - 16yrs		12:00 - 12:40 Family Class
	7:55 - 8:55 Adult BBM	7:10 - 7:55 Pre-Masters & Masters 11 yrs - 16 yrs	7:55 - 8:55 Adult BBM	7:55 - 8:40 Adult Novice	12:45 - 1:30 Adult Novice	12:40 - 1:25 Adult Novice
8:20 - 9:05 Adult Novice	7:55 - 8:55 Adult	7:55 - 8:40 Adult Novice	7:55 - 8:55 Adult	7:55 - 8:55 Adult BBM, Pre-Masters & Masters	12:45 - 1:45 Adult BBM, Pre-Masters & Masters	12:40 - 1:40 Adult BBM, Pre-Masters & Masters
8:20 - 9:20 Adult BBM	Pre-Masters & Masters	7:55 - 9:00 Adult BBM	Pre-Masters & Masters			
8:20 - 9:30 Adult Pre-Masters & Masters	8:55 - 9:10 Pre-Masters & Masters Weapons Extension	7:55 - 9:00 Adult Pre-Masters & Masters	8:55 - 9:10 Pre-Masters & Masters Kata Extension			