

**Northern Karate School - Woodbridge**  
 3883 Rutherford Rd. Unit 8 &9 Woodbridge Ont., L4L 9R8 Phone: (905) 265-7777,  
 Email: Rutherford@northernkarate.com (Effective Aug 25 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
	4:35 - 5:15 Children BBM Yellow - Adv Blue		4:35 - 5:15 Children BBM Yellow - Adv Blue		9:30 - 10:15 Kids, Teen & Adult MMA/Fitness Class	10:30 - 11:15 Children BBM Yellow - Adv Blue
3:50 - 4:30 Children Pre-Masters & Masters	5:15 - 5:45 Children Novice	3:50 - 4:30 Black Belt Class 13yrs & Younger	5:15 - 6:00 Children Pre-Masters & Masters	3:50 - 4:35 Children Pre-Masters & Masters	10:00 - 10:30 Children Novice	11:15 - 12:00 Children Pre-Masters & Masters
4:30 - 5:10 Children Pre-Masters & Masters	5:45 - 6:30 Children Pre-Masters & Masters	3:50 - 4:30 Children BBM Yellow - Adv Blue	6:00 - 6:40 Children BBM Yellow - Adv Blue	4:35 - 5:15 Children BBM Yellow - Adv Blue	10:30 - 11:15 Children BBM Yellow - Adv Blue	
5:10 - 5:50 Children BBM Yellow - Adv Blue	6:30 - 7:10 Children BBM Yellow - Adv Blue	4:30 - 5:15 Children Pre-Masters & Masters	6:40 - 7:10 Children Novice	5:15 - 6:00 Children Pre-Masters & Masters	11:15 - 12:00 Children Pre-Masters & Masters	
5:50 - 6:30 Children Pre-Masters & Masters	7:10 - 7:55 Children Pre-Masters & Masters	5:15 - 5:55 Children BBM Yellow - Adv Blue	7:10 - 7:55 Children Pre-Masters & Masters	6:00 - 6:30 Children Novice	12:00 - 12:45 Children Pre-Masters & Masters	
6:30 - 7:10 Children BBM Yellow - Adv Blue		5:55 - 6:25 Children Novice		6:30 - 7:10 Children BBM Yellow - Adv Blue		
7:10 - 7:40 Children Novice		6:25 - 7:10 Children Pre-Masters & Masters				

	7:55 - 8:40 Adult Novice		7:55 - 8:40 Adult Novice	7:10 - 8:10 Teen/Adult Pre-Masters & Masters		12:00 - 12:40 Family Class
7:40 - 8:40 Teen/Adult Pre-Masters & Masters	7:55 - 8:55 Adult BBM	7:10 - 7:55 Adult Novice	7:55 - 8:55 Adult BBM	8:10 - 8:55 Adult Novice	12:45 - 1:30 Adult Novice	12:40 - 1:25 Adult Novice
	7:55 - 8:55 Adult Pre-Masters & Masters	7:10 - 7:55 Adult BBM	7:55 - 8:55 Adult Pre-Masters & Masters		8:10 - 8:55 Adult BBM	12:45 - 1:45 Adult BBM, Pre-Masters & Masters
8:40 - 9:25 Adult Novice	8:55 - 9:10 Pre-Masters & Masters Weapons Extension	7:55 - 8:55 Teen/Adult Pre-Masters & Masters	8:55 - 9:10 Pre-Masters & Masters Kata Extension	Children Novice		
8:40 - 9:25 Adult BBM				Children BBM		
				Children Pre/Masters		
				Adult Novice/BBM/Pre/Masters/Teen/Family		