



Northern Karate Schools Maple Dojo

225 McNaughton Rd E, Unit 2
Maple, ON L6A 4P5

maple@northernkarate.com
905-303-5202

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
4:00-4:45 Children's BBM	4:00-4:45 Junior Pre/Masters	3:50-4:30 Junior Pre/Masters	4:00-4:45 Children's BBM	4:00-4:45 Junior Masters Brown-Black	9:00-9:45 All Black Belt Curriculum	
4:45-5:30 Junior Pre/Masters	4:45-5:15 Children's Novice	4:30-5:10 Children's BBM	4:45-5:30 Junior Pre/Masters	4:45-5:30 Junior Pre Masters Purple-Adv.Purple	10:00-10:30 Children's Novice	10:00-10:30 Children's Novice
5:30-6:15 Children's BBM	5:15-6:00 Children's BBM	5:10-5:50 Junior Pre Masters Purple-Adv.Purple	5:30-6:00 Children's Novice	5:30-6:15 Children's BBM	10:30-11:15 Children's BBM Yellow & Orange	10:30-11:15 Children's BBM Yellow & Orange
6:15-6:45 Children's Novice	6:00-6:45 Junior Pre/Masters	5:50-6:30 Junior Masters Brown-Black	6:00-6:45 Children's BBM	6:15-6:30 BBM Review Class	11:15-12:00 Children's BBM Green-Adv Blue	11:15-12:00 Children's BBM Green-Adv Blue
6:45-7:30 Junior Pre/Masters	6:45-7:30 Children's BBM	6:30-7:00 Children's Novice	6:45-7:30 Junior Pre/Masters	6:30-7:00 Children's Novice	12:00-12:45 Junior Pre/Masters	12:00-12:45 Junior Pre/Masters
		7:00-7:40 Children's BBM			12:45-1:30 Masters SD & Weapons	12:45-1:30 Family Class
7:30-8:30 Adults: Brown-Black	7:30-8:30 Adults: All Belt Novice to 8:15	7:40-8:40 Adults: Brown-Black	7:30-8:30 Adults: All Belt Novice to 8:15	7:00-8:00 Adults: All Belt Novice to 7:45	1:30-2:30 Adults: All Belt Novice to 2:15	12:45-1:45 Adults: All Belt Novice to 1:30
8:30-9:30 Adults: White - Adv. Purple Novice to 9:15	8:30-9:30 Teen/Adult Grappling Class	8:40-9:30 Adults: White - Adv. Purple	8:30-9:30 Teen/Adult Grappling Class	Effective September 15th 2019		

Dojo Etiquette

1. Attend class 2 - 3 times per week and practice for regular promotion
2. Arrive 10 - 15 minutes prior to your class and quietly prepare yourself on the black mats
3. Remove your shoes upon entering the school and place them in the storage provided
4. Sign-in on attendance computer. Store coats and bags in change room
5. Keep uniforms neat, clean, odour-free and in good repair
6. Affix appropriate NKS program crest to all uniforms
7. No student or guest is permitted in the office unless authorized by staff
8. For safety, jewellery should be removed while training
9. No food or beverages are permitted beyond the tiled reception area, except water

Student Creed

I promise to become the best possible person I can be

With honesty in my heart,
confidence in my mind and
strength in my body

I will achieve excellence and
share it with others

What is your Goal
Black Belt Excellence

What is your Quest
Personal Best