



NORTHERN KARATE MIDTOWN—EFFECTIVE NOVEMBER 1, 2018

756 St. Clair Ave. W. Toronto, ON M6C 1B5 416-651-6000 northernkarate.com

GTA's #1 MARTIAL ARTS ORGANISATION

	MON	TUE	WED	THU	FRI
ADULT MORNING	12:00-12:45 BBM+ MASTERS	6:15-7:30 / 7:45 All Belts—Novice BBM, Pre+Masters Extension	11:30-12:00 Adult Refreshers	6:15-7:30 / 7:45 All Belts—Novice BBM, Pre+Masters Extension	12:00-12:45 All Belts—Novice BBM, Pre+Masters
	12:45-2:00 MASTERS	9:30-10:15 / 10:45 Adult All Belts—Novice BBM, Pre+Masters Extension	12:00-12:45 / 1:15 Adult All Belts—Novice BBM, Pre+Masters Extension	9:30-10:15 / 10:45 Adult All Belts—Novice BBM, Pre+Masters Extension	12:45-1:15 Adult BBM, Pre+Masters Extension

	MON	TUE	WED	THU	FRI
CHILDREN/YOUTH AFTERNOON	3:30-4:00 Special Refreshers	3:30-4:00 Special Refreshers	3:30-4:00 Special Refreshers	3:30-4:00 * Special Refreshers	3:30-4:00 Special Refreshers
	4:00-4:30 BBM 7 Yrs./Under	4:00-4:30 BBM Yellow and Yellow-Adv.	4:00-4:30 BBM 7 Yrs./Under	4:00-4:30* 3-7 Yrs. Novice & 8-12 Yrs. Novice	4:00-4:30 BBM All Ages & Belts
	4:30-5:00 3-7 Yrs. Novice & 8-12 Yrs. Novice	4:30-5:00 BBM 7 Yrs./Under Orange to Green-Adv.	4:30-5:00 3-7 Yrs. Novice & 8-12 Yrs. Novice	4:30-5:00* BBM Yellow and Yellow-Adv. All Ages	4:30-5:00 3-7 Yrs. Novice & 8-12 Yrs. Novice
	5:00-5:45 Fast Track Prep, Fast Track & Pre Masters	5:00-5:45 Masters	5:00-5:30 BBM 8 Yrs./Over	5:00-5:30* PreMasters & Brown Kobudo	5:00-5:30 BBM All Ages & Belts
	5:45-6:15 Novice & Family Class All Ages	5:45-6:30 Fast Track Prep, Fast Track & PreMasters	5:30-6:15 Fast Track Prep, Fast Track & PreMasters	5:30-6:00* BBM 8 Yrs./Over Orange and Above & Fast Track Kobudo	5:30-6:00 All Ages Family Class
	6:15-7:00 Masters—Brown, Brown-Adv., Black Belts	6:30-7:00 3-7 Yrs. Novice & 8-12 Yrs. Novice	6:15-7:00 Masters—Brown, Brown-Adv., Black Belts	6:00-6:30* 3-7 Yrs. Novice & 8-12 Yrs. Novice	6:00-6:45 Masters-Brown, Brown Adv., Black Belts
	7:00-7:30 BBM 8 Yrs./Over	7:00-7:30 BBM All Ages & Belts		6:30-7:00* BBM All Ages & Belts	6:45-7:15 Fast Track Prep, Fast Track & PreMasters
				7:00-7:45* Brown-Adv. & Black Masters Kobudo	

	MON	TUE	WED	THU	FRI
YOUTH/ADULT EVENING	7:30-8:30 Pre+Masters	7:30-8:15 Cardio Combat® & Budo Bliss® Refreshers	7:00-8:00 Masters & Black Belt Prep	6:00-6:30* Novice	7:15-8:00 Novice, BBM
	8:30-9:15 Novice, BBM, Fast Track Prep	8:15-9:15 PreMasters, Masters & Black Belt Prep	8:00-8:30 Masters Nidan & Above or QUEST EVENT *	7:45-8:30* Masters Kobudo	8:00-9:00 Fast Track, Pre+Masters
		9:15-10:00 Novice, BBM, Fast Track	* QUEST EVENT See Calendar for Special Topics	8:30-9:15* Cardio Combat® & Budo Bliss®	9:00-9:30 Masters Black Belt Prep
			8:30-9:15 BBM, Fast Track & PreMasters	9:15-10:00* BBM, Fast Track & PreMasters	

	SAT	SUN
CHILDREN/YOUTH MORNING	9:00-9:30 KinderKarate® 3-7 Yrs. Novice & 8-12 Yrs. Novice	9:00-9:30 KinderKarate® 3-7 Yrs. Novice & 8-12 Yrs. Novice
	9:30-10:00 All Ages Family Class Novice + BBM Refreshers	9:30-10:00 All Ages Family Class Novice + BBM Refreshers
	10:00-10:30 BBM (All Ages) Yellow to Yellow-Adv.	10:00-10:30 BBM (All Ages) Yellow to Yellow-Adv.
	10:30-11:00 BBM (All Ages) Orange to Blue-Adv.	10:30-11:00 BBM (All Ages) Orange to Blue-Adv.
	11:00-11:45 Pre + Masters	11:00-11:45 Pre + Masters
	11:00 Pre + Masters Refreshers	11:00 Pre + Masters Refreshers

	SAT	SUN
YOUTH/ADULT AFTERNOON	11:45-12:30 Novice, BBM, Fast Track	11:45-12:30 Novice, BBM, Fast Track
	12:30-1:15 Cardio Combat® & Budo Bliss® Adult Refreshers	12:30-1:15 Combat Veritas® ALUMNI CLUB + Adult Refreshers
	1:15-2:00 Pre+Masters, & Black Belt Prep	1:15-2:00 Pre+Masters & Black Belt Prep
	2:00-2:30 Masters Extension See Calendars	2:00-2:30 Masters Extension See Calendars

MAXIMUM: 1 CLASS PER DAY
(EXCLUDING CARDIO COMBAT®, BUDO BLISS®
OR COMBAT VERITAS®).

ATTEND 2-3 CLASSES PER WEEK:
APPROPRIATE TO AGE,
PROGRAM LEVEL AND BELT RANK.

* **LAST THURSDAY OF EACH MONTH
ASTERISKED CLASSES CANCELLED
DUE TO BELT EXAMS.**

SUBJECT TO CHANGE.
ADDITIONAL INFO ON REVERSE SIDE.

FOR DETAILS, SEE NKS STUDENT CARE REPS.

SUPPORTING OUR COMMUNITY ...
NKS CAN RAISE FUNDS FOR YOUR CHILD'S SCHOOL.
PLEASE SEE KYOSHI VINCE FOR INFORMATION.

