

Northern Karate Schools

11160 Yonge Street Richmond Hill, ON L4S 1H5 905.508.5811

Effective: January 14, 2019

| MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY |
|------------------------------------|---|------------------------------------|---|------------------------------------|
| Adult All Belts 12:30 - 1:15 | Remember FIRST TUESDAY EACH MONTH: <i>Cardio Combat:</i> 7:30pm - 8:45pm <i>All Belts Class:</i> 8:45pm - 9:45pm | Adult All Belts 12:30 - 1:15 | Remember LAST THURSDAY OF EACH MONTH GRADING DAY ALL REGULAR CLASSES CANCELLED | Adult All Belts 12:30 - 1:15 |
| BBM & Masters 12:30 - 1:45 | | BBM & Masters 12:30 - 1:45 | | BBM & Masters 12:30 - 1:45 |

| SATURDAY | SUNDAY |
|---|---|
| Junior Novice 9:00 - 9:30 | Junior BBM Yellow & Orange 9:00 - 9:40 |
| Junior Novice 9:30 - 10:00 | Junior BBM Yellow & Orange 9:40 - 10:20 |
| Junior BBM Yellow & Orange 10:00 - 10:40 | Junior BBM Green & Up 10:20 - 11:00 |
| Junior BBM Green & Up 10:40 - 11:20 | Junior Pre-Masters 10:20-11:00 |
| Junior Masters Brown/AdvBrown Black Belt Prep 11:20 - 12:10 | Junior BBM Green & Up 11:00 - 11:40 |
| Jr Black Belts Masters Dojo 12:10 - 12:50 | Junior Pre-Masters 11:00-11:40 |
| Junior BBM Yellow & Orange 12:10 - 12:50 | Junior Novice 11:40 - 12:10 |
| Junior BBM Green & Up 12:50 - 1:30 | Junior Novice 12:10 - 12:40 |
| Junior Pre-Masters 12:50 - 1:30 | Junior Masters 12:40 - 1:30 |

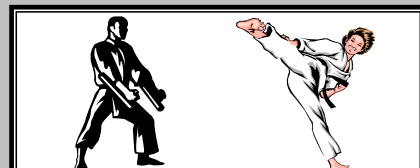
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|---|--|--|---|---|
| Junior Novice 4:00 - 4:30 | Junior BBM Yellow & Orange 3:55 - 4:30 | Junior BBM Yellow & Orange 4:00 - 4:40 | Junior BBM Green & Up 4:00 - 4:40 | Jr. Masters Jr. Pre-Masters Weapons Wrkshp 4:00 - 4:30 |
| Junior Masters Black Belt Prep 4:30 - 5:20 | Junior BBM Green & Up 4:30 - 5:05 | Junior Pre-Masters 4:00 - 4:40 | Junior Novice 4:40 - 5:10 | Junior BBM Green & Up 4:30 - 5:05 |
| Junior BBM Green & Up 5:20 - 6:00 | Junior Pre-Masters 4:30 - 5:05 | Junior Novice 4:40 - 5:10 | Junior BBM Yellow & Orange 5:10 - 5:50 | NEW Junior BBM Yellow & Orange 5:05 - 5:40 |
| Junior Novice 6:00 - 6:30 | Junior Novice 5:05 - 5:35 | Junior Masters 5:10 - 6:00 | Junior BBM Green & Up 5:50 - 6:30 | NEW Junior Masters 5:40 - 6:20 |
| Junior BBM Yellow & Orange 6:30 - 7:10 | Junior BBM Yellow & Orange 5:35 - 6:10 | Junior Novice 6:00 - 6:30 | Junior Pre-Masters 5:50 - 6:30 | NEW Junior BBM Yellow & Orange 6:20 - 6:55 |
| Junior BBM Green & Up 7:10 - 7:50 | Junior Pre-Masters 6:10 - 6:50 | Junior BBM Yellow & Orange 6:30 - 7:10 | Junior Masters Black Belt Prep 6:30 - 7:20 | NEW Junior BBM Green & Up 6:55 - 7:30 |
| Junior Pre-Masters 7:10 - 7:50 | Junior Black Belts 6:10 - 6:50 | Junior BBM Green & Up 7:10 - 7:50 | Junior Novice 7:20 - 7:50 | NEW Junior Novice 7:30 - 8:00 |





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Please bring your Sparring Gear when indicated on your monthly calendar.



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|---|--------------------------------------|---|-------------------------------------|--|
| Adult Novice 7:50 - 8:30 | Adult Masters 7:30 - 8:30 | NEW Adult Novice 7:50 - 8:30 | Adult Novice 7:20 - 8:00 | Adult Novice 8:00 - 8:40 |
| Adult BBM 7:50 - 8:50 | Adult Nidan + 7:30 - 9:00 | | Adult BBM 7:20 - 8:20 | Adult BBM 8:00 - 9:00 |
| NEW Adult Masters Pre-Masters 7:50 - 9:20 | Adult Novice 9:00 - 9:40 | Adult BBM 7:50 - 8:50 | Adult Pre-Masters 7:20 - 8:20 | Adult Masters & Pre-Masters 8:00 - 9:15 |
| | Adult BBM 9:00 - 10:00 | Adult Masters & Pre-Masters 7:50 - 9:20 | Adult Masters 8:20 - 9:20 |  |
| | Adult Pre-Masters 9:00 - 10:00 | | Adult Shodan + 8:20 - 9:50 | |

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|--|---|
| Adult Sandan + Masters Dojo NEW 1:30 - 2:45 | Adult Novice 1:30 - 2:10 |
| NEW Adult Novice 2:45 - 3:30 | Adult BBM 1:30 - 2:30 |
| NEW Adult BBM 2:45 - 3:45 | Adult Masters & Pre-Masters 1:30 - 3:00 |
| NEW Adult Masters & Pre-Masters 2:45 - 4:00 |  |