



# 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
<b>3:50-4:30</b> Children's BBM	<b>4:00-4:45</b> Junior Pre/Masters	<b>3:50-4:30</b> Junior Pre/Masters	<b>4:00-4:45</b> Children's BBM	<b>4:00-4:45</b> Junior Masters Brown-Black	<b>9:00-9:45</b> All Black Belt Curriculum	
<b>4:30-5:15</b> Junior Pre/Masters	<b>4:45-5:15</b> Children's Novice	<b>4:30-5:10</b> Children's BBM	<b>4:45-5:30</b> Junior Pre/Masters	<b>4:45-5:30</b> Junior Pre Masters Purple-Adv.Purple	<b>10:00-10:30</b> Children's Novice	<b>10:00-10:30</b> Children's Novice
<b>5:15-6:00</b> Children's BBM	<b>5:15-6:00</b> Children's BBM	<b>5:10-5:50</b> Junior Pre Masters Purple-Adv.Purple	<b>5:30-6:00</b> Children's Novice	<b>5:30-6:15</b> Children's BBM	<b>10:30-11:15</b> Children's BBM Yellow & Orange	<b>10:30-11:15</b> Children's BBM Yellow & Orange
<b>6:00-6:30</b> Children's Novice	<b>6:00-6:45</b> Junior Pre/Masters	<b>5:50-6:30</b> Junior Masters Brown-Black	<b>6:00-6:45</b> Children's BBM	<b>6:15-6:30</b> BBM Review Class	<b>11:15-12:00</b> Children's BBM Green-Adv Blue	<b>11:15-12:00</b> Children's BBM Green-Adv Blue
<b>6:30-7:15</b> Children's BBM	<b>6:45-7:30</b> Children's BBM	<b>6:30-7:00</b> Children's Novice	<b>6:45-7:30</b> Junior Pre/Masters	<b>6:30-7:00</b> Children's Novice	<b>12:00-12:45</b> Junior Pre Masters Purple-Adv.Purple	<b>12:00-12:45</b> Junior Pre/Masters
<b>7:15-8:00</b> Junior Pre/Masters		<b>7:00-7:40</b> Children's BBM			<b>12:45-1:30</b> Junior Masters Brown-Black	<b>12:45-1:30</b> Family Class
<b>8:00-9:00</b> Adults: Brown-Black	<b>7:30-8:30</b> Adults: All Belt Novice to 8:15	<b>7:40-8:40</b> Adults: Brown-Black	<b>7:30-8:30</b> Adults: All Belt Novice to 8:15	<b>7:00-8:00</b> Adults: All Belt Novice to 7:45	<b>1:30-2:30</b> Adults: All Belt Novice to 2:15	<b>12:45-1:45</b> Adults: All Belt Novice to 1:30
<b>9:00-9:45</b> Adults: White - Adv. Purple Curriculum	<b>8:30-9:30</b> Teen/Adult Grappling Class	<b>8:40-9:30</b> Adults: White - Adv. Purple	<b>8:30-9:30</b> Teen/Adult Grappling Class	<b>Effective February 15th 2020</b>		

## Dojo Etiquette

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