

EFFECTIVE: July 27th, 2020

NORTHERN KARATE SCHOOLS - STEELES WEST

4350 Steeles Avenue West, Woodbridge, Ont. L4L 4Y3 Phone: (905) 856-4047 steeles@northernkarate.com

Find and add us on Facebook: Nks Steeles

Our App: NKS Steeles - West

Follow us on Instagram: @nkssteeles

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
12:00 - 12:45 Adult - All Belts BBM/Pre/Master cont'd to 1:00		12:00 - 12:45 Adult - All Belts BBM/Pre/Master cont'd to 1:00		12:00 - 12:45 Adult - All Belts BBM/Pre/Master cont'd to 1:00	9:00 - 9:50 Striking Class	
4:00 - 4:35 Junior Pre-Masters Purple + Adv Purple	4:00 - 4:35 Children Novice / White BBM Yellow / Orange	4:00 - 4:35 Junior Pre-Masters Purple + Adv Purple	4:00 - 4:35 Children Novice / White BBM Yellow / Orange	4:00 - 4:35 Children Novice / White BBM Yellow / Orange	10:00 - 10:35 Children Novice / White BBM Yellow / Orange	
4:45 - 5:25 Junior Masters Brown + Adv Brown	4:45 - 5:25 Children BBM Green to Adv. Blue	4:45 - 5:25 Junior Masters Brown + Adv Brown	4:45 - 5:25 Children BBM Green to Adv. Blue	4:45 - 5:25 Children BBM Green to Adv. Blue	10:45 - 11:20 Children BBM Green to Adv. Blue	
5:35 - 6:10 Children Novice / White BBM Yellow / Orange	5:35 - 6:10 Junior Pre-Masters Purple + Adv Purple	5:35 - 6:10 Children Novice / White BBM Yellow / Orange	5:35 - 6:10 Junior Pre-Masters Purple + Adv Purple	5:35 - 6:10 Junior Pre-Masters Purple + Adv Purple	11:30 - 12:05 Junior Pre-Masters Purple + Adv Purple	
6:20 - 6:55 Children BBM Green to Adv. Blue	6:20 - 6:55 Junior Masters Brown + Adv Brown	6:20 - 6:55 Children BBM Green to Adv. Blue	6:20 - 6:55 Junior Masters Brown + Adv Brown	6:20 - 6:55 Junior Masters Brown + Adv Brown	12:15 - 12:50 Junior Masters Brown + Adv Brown	
7:05 - 7:40 Adult Novice, BBM	7:05 - 7:40 Adult Novice, BBM	7:05 - 7:40 Adult Novice, BBM	7:05 - 7:40 Adult Novice, BBM	7:05 - 7:40 Adult Novice, BBM Pre -Masters	1:00 - 1:35 Black Belt	
7:50 - 8:25 Adult Purple Adv Purple Brown	7:50 - 8:25 Adult Purple Adv Purple Brown	7:50 - 8:25 Adult Purple Adv Purple Brown	7:50 - 8:25 Adult Purple Adv Purple Brown	7:50 - 8:30 Adult Masters	1:45 - 2:20 Adult All Belts	
8:35 - 9:15 Adult Masters Adv Brown Black Belt	8:35 - 9:15 Adult Masters Adv Brown Black Belt	8:35 - 9:15 Adult Masters Adv Brown Black Belt	8:35 - 9:15 Adult Masters Adv Brown Black Belt	8:40 - 9:15 Cardio Combat Class		

Dojo Social Distancing Rules

- We have purchased Government of Canada-approved industrial sanitizing equipment to help us disinfect the training areas between each class.
 - Social distancing markers have been placed on the dojo floor 2 meters apart.
 - We have adjusted the class schedule to allow enough time between classes for students to come and go safely, minimizing the number of people inside the dojo. This time will also allow us to sanitize the training areas and equipment after each class.
 - Arrive dressed in your uniform. Change rooms will be closed to all students until further notice. Items left behind at the end of each day will be thrown away.
 - Please wait for your class in the designated area.
 - Everyone entering the dojo is required to sanitize their hands.
 - Students must line up for class on one of the socially distanced floor markers.
 - Students will only be allowed to use their own equipment.
- If you have equipment/weapons stored at the dojo, please be sure to take them home with you.

PLEASE NOTE ZOOM CLASS SCHEDULE

Zoom classes will take place on Monday, Wednesday and Friday and follow the regular class schedule