



MON	TUE	WED	THU	FRI	SAT	SUN
	9:30-11:00am Yoga		9:30-11:00am Yoga	<b>COLOUR BELT EXAMS</b> Please note: The last Tuesday of the month is exam day, all classes are CANCELLED on this day (unless you are testing). Check the monthly calendar for further notice.		
	12:00-12:45pm Youth/Adult Novice		12:00-12:45pm Youth/Adult Novice			
	12:00-1:00pm Youth/Adult BBM		12:00-1:00pm Youth/Adult BBM		8:00-9:30am Youth/Adult Black Belts	8:30-9:45am MAS Black Belt Preparation
	12:00-1:30pm Youth/Adult Pre & MAS		12:00-1:30pm Youth/Adult Pre & MAS		9:45-10:15am Family Novice	9:45-10:15am Family Novice
4:00-4:30pm Jr Novice	1:30-2:00pm Shihan Kai Sandan & Above	4:00-4:30pm Jr Novice	4:00-4:30pm Jr BBM Yellow & Adv Yellow	4:00-4:30pm Jr Novice	10:15-11:00am Family Yellow, Orange, Green	10:15-11:00am Family Yellow, Orange, Green
4:00-4:30pm Jr BBM Yellow & Adv Yellow	4:00-4:40pm Jr BBM Adv Green & Above	4:00-4:30pm Jr BBM Yellow & Adv Yellow	4:00-4:40pm Jr BBM Adv Green & Above	4:00-4:45pm Jr BBM Yellow to Green	11:00-11:45am Family Adv Green & Above	11:00-11:45am Family Adv Green & Above
4:30-5:00pm Jr BBM Orange to Green	4:40-5:40pm Jr MAS & PreMAS	4:30-5:00pm Jr BBM Orange to Green	4:40-5:40pm Jr MAS & PreMAS	4:45-5:30pm Jr BBM Adv Green & Above	11:00-12:00pm Family PreMAS	11:00-12:00pm Family PreMAS
5:00-5:45pm Jr BBM Adv Green & Above	5:40-6:15pm Jr BBM Yellow, Orange, Green	<b>NEW!</b> 5:00-6:00pm Jr PreMas	5:40-6:15pm Jr BBM Yellow, Orange, Green	<b>NEW TIME!</b> 4:45-6:15pm MAS & PreMAS	12:00-1:30pm Family Class MAS	12:00-1:00pm Family MAS
<b>NEW!</b> 5:00-6:00pm Jr PreMas	6:15-6:45pm Family Novice	<b>NEW!</b> 5:00-6:30pm Jr/Youth MAS & Black Belt Prep	<b>NEW!</b> 6:15-6:45pm Family Novice	5:30-6:15pm Jr BBM/PreMAS/ MAS Sparring	1:30-2:15pm Youth/Adult Novice	1:00-1:45pm Youth/Adult Novice
<b>NEW!</b> 5:00-6:30pm Jr/Youth MAS & Black Belt Prep	<b>NEW!</b> 6:15-6:45pm Family BBM Yellow & Adv Yellow	<b>NEW!</b> 6:30-7:00pm Jr Novice	<b>NEW!</b> 6:15-6:45pm Family BBM Yellow & Adv Yellow	6:15-6:45pm Family Novice	1:30-2:30pm Youth/Adult BBM	1:00-2:00pm Youth/Adult BBM
6:30-7:00pm Jr Novice	<b>NEW!</b> 6:45-7:30pm Family BBM Orange & Above	<b>NEW!</b> 6:30-7:00pm Jr BBM Yellow to Green	<b>NEW!</b> 6:45-7:30pm Family BBM Orange & Above	6:15-6:45pm Family Yellow & Adv Yellow	1:30-2:30pm NKS Alumni	1:00-2:15pm Youth/Adult MAS & PreMAS
<b>NEW!</b> 6:30-7:00pm Jr BBM Yellow to Green	7:30-8:15pm Youth/Adult MAS Kobudo	<b>NEW!</b> 6:30-7:00pm Jr BBM Yellow to Green	<b>NEW!</b> 7:30-8:15pm Youth/Adult Novice	6:45-7:20pm Family BBM Orange & Above	1:30-3:00pm Youth/Adult MAS & PreMAS	2:15-3:00pm BLACK BELT CLUB Black Belts - 18 yrs & younger
7:00-7:45pm Family Adv Green Belts & Above	8:15-8:45pm Youth/Adult MAS & PreMAS Kata	7:00-7:45pm MAS Black Belt Prep	7:30-8:30pm Youth/Adult BBM & PreMAS	7:20-8:00pm Family MAS & PreMAS		
7:00-7:45pm MAS Black Belt Prep	<b>NEW!</b> 8:30-9:30pm Youth/Adult Combat & Conditioning (Exam night only)	7:45-8:45pm Youth/Adult Black Belts ONLY Combat & Conditioning	<b>NEW TIME!</b> 8:30-9:45pm Black Belt Prep Shodan Candidates	8:00-8:45pm Youth/Adult Novice		
7:45-8:45pm Youth/Adult MAS	8:45-9:30pm Youth/Adult Novice	8:45-9:30pm Youth/Adult Novice	8:30-9:45pm Youth/Adult MAS	8:00-9:00pm Youth/Adult BBM		
8:45-9:15pm Sandan & Above Workshops	8:45-9:30pm Youth/Adult Novice	8:45-9:45pm Youth/Adult BBM	8:30-9:45pm Youth/Adult MAS	<b>NEW!</b> 8:00-9:30pm Youth/Adult MAS & PreMAS & Black Belt Kata Prep		
8:45-9:30pm Youth/Adult Novice	8:45-9:45pm Youth/Adult BBM & PreMAS	8:45-9:45pm Youth/Adult PreMAS, Brown & Adv Brown				
8:45-9:45pm Youth/Adult BBM & PreMAS						

SUPPORTING OUR COMMUNITY -- NKS CAN RAISE FUNDS FOR YOUR CHILD'S SCHOOL! PLEASE SEE NKS STAFF FOR MORE INFORMATION.

ATTEND 2-3 CLASSES PER WEEK: APPROPRIATE TO AGE, PROGRAM LEVEL AND BELT RANK. MAXIMUM: 1 CLASS PER DAY (except where classes are consecutive for your belt level) LAST TUESDAY OF EACH MONTH CLASSES WILL BE CANCELLED DUE TO BELT EXAMS.