

EFFECTIVE: September 1st, 2020

# NORTHERN KARATE SCHOOLS - STEELES WEST

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Our App: NKS Steeles - West

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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 - 4:45 Children Novice / White BBM	10:00 - 10:45 Children Novice / White BBM	
4:45 - 5:25 Junior Masters Brown + Adv Brown	4:45 - 5:20 Children BBM Green to Adv. Blue	4:45 - 5:25 Junior Masters Brown + Adv Brown	4:45 - 5:20 Children BBM Green to Adv. Blue	4:55 - 5:40 Junior Pre-Masters Masters	10:55 - 11:40 Junior Pre-Masters Masters	
5:35 - 6:10 Children Novice / White BBM Yellow / Orange	5:30 - 6:05 Junior Pre-Masters Purple + Adv Purple	5:35 - 6:10 Children Novice / White BBM Yellow / Orange	5:30 - 6:05 Junior Pre-Masters Purple + Adv Purple	5:50 - 6:35 Adult Novice, BBM Pre-Masters	11:50 - 12:35 Black Belt	
6:20 - 6:55 Children BBM Green to Adv. Blue	6:15 - 6:55 Junior Masters Brown + Adv Brown	6:20 - 6:55 Children BBM Green to Adv. Blue	6:15 - 6:55 Junior Masters Brown + Adv Brown	6:45 - 7:30 Adult Masters	12:45 - 1:30 Adult All Belts	
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	7:40 - 8:25 Cardio Combat Class		
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			
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			

## 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**