



Northern Karate Schools

865 York Mills Rd. Toronto, ON M3B 1Y6

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Effective September 2020

MON	TUE	WED	THU	FRI	SAT
6:30-7:15am Adult Open Mat	12:00-12:30pm Adult Novice		6:30-7:15am Adult Open Mat		
12:00-12:45pm All Ages PreMAS & MAS	12:00-12:45pm Adult BBM		10:30-11:30am Adult MAS	12:00-1:30pm Adult PreMAS & MAS	7:30-8:30am Adult Sandan & Up
3:30-4:00pm All Ages White, Yellow & Orange	3:30-4:00pm All Ages Adv Brown & Black	3:30-4:00pm All Ages Adv Purple & Brown	12:00-12:40pm Adult Novice	3:30-4:00pm All Ages Adv Orange to Blue	8:45-9:45am Adult MAS Brown & Up
4:15-4:45pm Adv Orange to Blue	4:15-4:45pm All Ages White, Yellow & Orange	4:15-4:45pm All Ages Adv Brown & Black	3:30-4:00pm All Ages Adv Blue & PreMAS	4:15-4:45pm All Ages Adv Blue & PreMAS	
5:00-5:30pm Adv Blue & PreMAS	5:00-5:30pm All Ages Adv Orange to Blue	5:00-5:30pm All Ages White, Yellow & Orange	4:15-4:45pm All Ages Adv Purple & Brown	5:00-5:30pm All Ages Adv Purple & Brown	10:00-10:30am All Ages White to Orange
5:45-6:25pm All Ages Adv Purple & Brown	5:45-6:25pm All Ages Adv Blue & PreMAS	5:45-6:25pm All Ages Adv Orange to Blue	5:00-5:30pm All Ages Adv Brown & Black	5:45-6:25pm All Ages Adv Brown & Black Belts	10:45-11:30am Family PreMAS & MAS
6:40-7:20pm Youth/Adult White, Yellow & Orange	6:40-7:20pm All Ages Adv Purple & Brown	6:40-7:20pm All Ages Adv Blue & PreMAS	5:45-6:25pm All Ages White, Yellow & Orange	6:40-7:20pm All Ages White, Yellow & Orange	11:45-12:15pm All Ages Adv Orange to Adv Blue
7:35-8:15pm Youth/Adult Green to Purple	7:35-8:15pm Youth/Adult Adv Purple to Black	7:35-8:15pm Youth/Adult All Belts	6:40-7:20pm All Ages Adv Orange to Blue	7:35-8:15pm Youth/Adult Adv Blue to Brown	12:30-1:15pm All Ages PreMAS & MAS
8:30-9:30pm Youth/Adult Black Belts	8:30-9:30pm Youth/Adult All Belts	8:30-9:30pm Youth/Adult Black Belts	7:35-8:15pm Youth/Adult Adv Purple to Black	8:30-9:30pm Youth/Adult Adv Brown & Black Belts	1:40-2:10pm Adult White, Yellow & Orange
			8:30-9:30pm Youth/Adult All Belts		2:30-3:15pm Adult BBM
					2:30-3:30pm Adult PreMAS & MAS
					3:45-5:00pm Black Belt Club (Invite only)

DURING SEPTEMBER WE WOULD LIKE TO INVITE PARENTS AND SIBLINGS TO TRAIN ALL MONTH FOR FREE - ONLINE OR IN DOJO - SHARE KARATE WITH YOUR FAMILY AND STAY HEALTHY IN MIND BODY AND SPIRIT

Y/A: Youth/Adult (ages 12 and up)

Jr: Junior (under 12 years of age)

All Ages: Children and adults can attend

Novice: White and Adv White Belt

PreMAS: Purple and Adv Purple Belt

MAS: Brown Belt and up

BBM: Yellow Belt to Adv Blue Belt

All evening classes are simulcast in-dojo and online

Booking in-dojo classes require a user name and remote sign-up

Questions? Email us at donmills@northernkarate.com