



Northern Karate Schools

865 York Mills Rd. Toronto, ON M3B 1Y6

4 1 6 • 4 4 1 • 3 6 4 8

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

Questions? Email us at
donmills@northernkarate.com

IN DOJO STUDENTS

Until further notice, you do not need to reserve a class.

Bring a mask and water bottle.

There is a 15 minute break between classes to control student entry/exit and to disinfect the dojo.

We thank you for your patience.

Supplement your training with our phone App -
nks-donmills and NKS' YouTube channel:
Northern Electronic Dojo

ZOOM STUDENTS

All evening and weekend classes are simulcast
on Zoom.

The following must be noted on your screen so we
can monitor your progress: First Name, Last Initial,
Student ID#, Month of last belt test, # of Stripes
awarded.

Example: Tara, S. 2468. July. 4.