



Northern Karate Schools - Maple Dojo

225 McNaughton Rd E, Unit 2 Maple, L6A 4P5

maple@northernkarate.com

905-303-5202

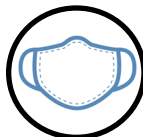
Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
4:00-4:30 Children's White to Orange	4:00-4:40 Children's Brown to Black	4:00-4:35 Children's Green to Adv. Blue	4:00-4:40 Children's Pre/Masters Purple to Black	4:00-4:30 Children's Novice White Belts	9:30-10:00 Children's Novice White Belts
4:45-5:20 Children's Green to Adv. Blue	4:50-5:30 Children's Purple & Adv. Purple	4:50-5:20 Children's White to Orange	4:50-5:20 Children's White to Orange	4:40-5:10 Children's BBM Yellow & Orange	10:10-10:40 Children's BBM Yellow to Adv. Blue
5:35-6:15 Children's Brown to Black	5:40-6:15 Children's Green to Adv. Blue	5:35-6:15 Children's Purple & Adv. Purple	5:35-6:15 Children's Pre/Masters Purple to Black	5:25-6:00 Children's Green to Adv. Blue	10:55-11:35 Children's Pre/Masters Purple to Black
6:25-7:05 Children's Purple & Adv. Purple	6:30-7:00 Children's White to Orange	6:25-7:05 Children's Brown to Black	6:25-7:00 Children's Green to Adv. Blue	6:15-6:55 Children's Pre/Masters Purple to Black	11:45-12:30 Adults All Belts
7:15-8:00 Adults All Belts	7:15-8:00 Adults All Belts	7:15-8:00 Adults All Belts	7:15-8:00 Adults All Belts	7:05-7:50 Adults All Belts	12:40-1:20 Teen & Adults BJJ
8:10-8:55 Black Belts	8:10-8:55 Black Belts	8:10-8:55 Black Belts	8:10-8:55 Black Belts		



Uniforms
Students should come dressed in uniform to keep changerooms and washrooms for emergencies only.



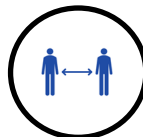
Restricted Class Size
Assigned classes with same students and staff. Attendance is documented by staff members.



Masks
Staff members required to wear masks. Students are required to enter dojo with mask on. Masks optional during class.



Student Intake
All students will be screened. Temperature, symptoms, exposure & recent travel.



Physical Distance
Students and Staff will be kept at a safe physical distance at all times. Each student has a designated training area.



No Contact
All classes are conducted with no contact.



Hygiene
All students sanitize hands upon arrival. Staff wash hands in between classes.



Cleaning
The dojo floor and any touched surface is cleaned in between classes.



Zoom
Zoom Class and Simulcast options available.