



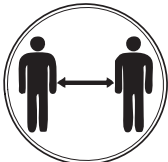
#NORTHERNKARATE

1515 Steeles Ave E, North York, M2M 3Y7

DID YOU KNOW WE HAVE INSTALLED A 5 STAGE AIR PURIFIER SYSTEM?

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| MON | TUE | WED | THU | FRI | SAT |
|---|--|---|---|--|---|
| ZOOM 4:30-5:00pm Kids BBM Orange - Blue Adv | 11:30-12:30pm Adults & Teens Lunch Class | ZOOM 4:30-5:00pm Kids BBM Orange - Blue Adv | ZOOM 11:30-12:30pm Adults & Teens Lunch Class | ZOOM 4:30-5:00pm Kids Novice (White) - Kids BBM Yellow & Adv | 8:50-9:20am BY INVITATION ONLY |
| ZOOM 5:10-5:50pm Kids PreMAS & MAS Purple & Above | ZOOM 4:30-5:10pm Kids PreMAS & MAS | ZOOM 5:10-5:50pm Kids PreMAS & MAS Purple & Above | ZOOM 4:30-5:00pm Kids Novice (White) - Kids BBM Yellow & Adv | 5:15-6:15pm SPECIAL INVITATION ONLY | 9:30-10:20am ALL AGES BLACK BELTS |
| ZOOM 6:00-6:30pm Kids Novice (White) & Kids BBM Yellow - Yellow Adv | ZOOM 5:20-6:00pm Jr Black Belts | ZOOM 6:00-6:30pm Kids Novice (White) & Kids BBM Yellow - Yellow Adv | ZOOM 5:10-5:40pm Kids BBM Orange - Blue Adv | ZOOM ONLY 6:00-6:30pm Kids Orange - Black CardioCombat® Strength & Conditioning | ZOOM 10:30-11:00am Kids Novice (White) - Kids BBM Yellow & Yellow Adv |
| 6:40-7:10pm Kids BBM Orange - Blue Adv | ZOOM 6:10-6:40pm Kids BBM | 6:40-7:10pm Kids BBM Orange - Blue Adv | ZOOM 5:50-6:30pm Kids PreMAS & MAS | 6:30-7:30pm SPECIAL INVITATION ONLY | ZOOM 11:10-11:45am Kids BBM Orange - Blue Adv |
| 7:20-8:00pm Kids BBM, PreMAS & MAS Orange - Brown Adv | 6:50-7:30pm Kids PreMAS & MAS | 7:20-8:00pm Kids BBM, PreMAS & MAS Orange - Brown Adv | 6:40-7:10pm Family Class All Ages / Belts Parents & Kids ONLY | 7:40-8:20pm Adults & Teens ALL BELTS | ZOOM 11:55-12:30pm Kids PreMAS & MAS |
| ZOOM 8:10-9:00pm Adults & Teens White - Purple Adv | ZOOM 7:40-8:30pm Teens & Adults Black Belts ONLY | ZOOM 8:10-9:00pm Adults & Teens White - Purple Adv | 7:20-8:20pm All Ages BLACK BELTS ONLY | 8:30-9:30pm Adults & Teens BJJ | ZOOM 12:40-1:10pm Family Class All Ages / Belts PARENTS & KIDS ONLY |
| ZOOM 9:10-10:00pm Adults & Teens Brown & Brown Adv | 8:40-9:40pm Adults & Teens BJJ | ZOOM 9:10-10:00pm Adults & Teens Brown & Brown Adv | ZOOM 8:30-9:15pm Adult & Teens CardioCombat® | | ZOOM 1:20-2:15pm Adults & Teens ALL BELTS |



SAFE DISTANCE
Students + instructors maintain a 2-metre distance, follow floor decals/markers, one-way traffic flow and staff directions



MASKS / FACE SHIELD
Staff-required to wear face shield. Masks optional under face shield. Students - strongly recommended. (Please bring your own).



NO CONTACT
NO STUDENT-STUDENT, STUDENT-INSTRUCTOR CONTACT



HYGIENE
Students + staff - Hands disinfected arrival / departure. Sneeze/cough in sleeve/tissue. Staff - hands washed between classes.



CLEANING
Dojo professionally cleaned daily. All touch surfaces and equipment disinfected between classes.



LIMITED ACCESS
Students + staff only. Temperature checks, no symptoms, exposure, recent travel or underlying issues.



RESTRICTED CLASS SIZE
Students to be assigned class times. Same classes, same students. Attendance recorded by staff. Remain in designated training spots.



GI / BELT
Students - arrive in uniform (no locker rooms / washrooms, emergency only). No bags, jackets, or gear. No water fountain.



ONLINE OPTIONS
All classes with ZOOM are IN DOJO and ZOOM.

! All classes with is IN DOJO and Simulcast via zoom ZOOM