



# Northern Karate Schools

865 York Mills Rd. Toronto, ON M3B 1Y6

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Effective November 2020

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

**Questions? Email us at  
donmills@northernkarate.com**

## IN-DOJO STUDENTS

Please note you must book your classes online.

Due to government restrictions, students can only attend 2 in-dojo classes per week. You may attend unlimited Zoom classes.

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

You may attend unlimited Zoom classes.

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.