



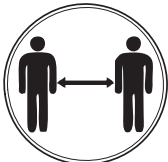
#NORTHERNKARATE

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 - 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	5:15-6:00pm BY 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 All Ages SHODANS ONLY	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	ZOOM ONLY 6:15-6:45pm BY 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	7:00-7:45pm 12 Years & Up ALL BELTS	ZOOM 11:55-12:30pm Kids PreMAS & MAS
ZOOM 8:10-9:00pm Teens & Adults White - Blue Adv	ZOOM 7:40-8:30pm Nidans & Up	ZOOM 8:10-9:00pm Teens & Adults White - Blue Adv	7:20-8:20pm All Ages BLACK BELTS ONLY	8:00-9:00pm Adults & Teens BJJ	ZOOM 12:40-1:10pm Family Class All Ages / Belts PARENTS & KIDS ONLY
ZOOM 8:10-9:15pm Teens & Adults Purple - Brown Adv	8:40-9:40pm Adults & Teens BJJ	ZOOM 8:10-9:15pm Teens & Adults Purple - Brown Adv	ZOOM 8:30-9:15pm 12 Years & Up All Belts		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 ZOOM is IN DOJO and Simulcast via zoom