



Northern Karate Schools

865 York Mills Rd. Toronto, ON M3B 1Y6

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Effective April 2021

MON	TUE	WED	THU	FRI	SAT
12:00-12:30pm Youth/Adult Novice	12:00-12:30pm Youth/Adult Novice		12:00-12:30pm Youth/Adult Novice	12:00-12:30pm Youth/Adult Novice	9:15-9:45am All Ages White Belts
12:00-1:00pm Youth/Adult BBM	12:00-1:00pm Youth/Adult BBM		12:00-1:00pm Youth/Adult BBM	12:00-1:00pm Youth/Adult BBM	
12:00-1:30pm Youth/Adult PreMAS & MAS	12:00-1:30pm Youth/Adult PreMAS & MAS	3:45-4:15pm All Ages Yellow & Orange	12:00-1:30pm Youth/Adult PreMAS & MAS	12:00-1:30pm Youth/Adult PreMAS & MAS	9:45-10:15am All Ages Yellow & Orange
3:45-4:15pm All Ages White & Yellow	3:45-4:15pm All Ages Green & Higher belts	4:15-4:45pm All Ages MAS	3:45-4:15pm All Ages Green & Higher belts	3:45-4:15pm All Ages Orange to Blue	
4:15-4:45pm All Ages Orange to blue	4:15-4:45pm All Ages White & Yellow	5:00-5:30pm All Ages White & Adv White	4:15-4:45pm All Ages PreMAS & Brown	4:15-4:45pm All Ages Adv Blue & PreMAS	10:15-11:00am All Ages Green & Blue
5:00-5:45pm Adv Blue & PreMAS	5:00-5:45pm All Ages Orange to Blue	5:00-5:45pm All Ages Yellow & Adv Yellow	5:00-5:45pm All Ages MAS	5:00-5:45pm All Ages PreMAS & Brown	11:00-11:45am All Ages Adv Blue & Purple
5:45-6:30pm All Ages MAS	5:45-6:30pm All Ages Adv Blue & PreMAS	5:45-6:30pm All Ages Orange to Blue	5:45-6:30pm All Ages White & Yellow	5:45-6:30pm All Ages MAS	11:45-12:30pm All Ages PreMAS & Brown
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	6:40-7:20pm All Ages Orange to Blue	6:40-7:20pm All Ages White, Yellow, Orange	12:30-1:15pm All Ages Adv Brown & Shodan
7:30-8:30pm Youth/Adult Orange to Adv Purple	7:30-8:30pm Youth/Adult MAS	7:30-8:30pm Youth/Adult All Belts	7:30-8:30pm Youth/Adult MAS & PreMAS	7:30-8:30pm Youth/Adult Green to Brown	1:15-2:00pm All Ages Shodan & Nidan
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	8:30-9:30pm Youth/Adult White to Adv Blue	8:30-9:30pm Youth/Adult Adv Brown & Black Belts	2:00-3:00pm All Ages Sandan & Above
					3:00-4:00pm All Ages, All Belts "FUN"damentals w/ special guest teachers

Novice = White and Adv White Belts
 BBM = Yellow Belts to Adv Blue Belts
 PreMAS = Purple and Adv Purple Belts
 MAS = All ranks of Brown and Black Belts
 Youth = Ages 12 and up

ALL CLASSES VIA ZOOM

Questions? Email us at
donmills@northernkarate.com

NEW ONLINE SCHEDULE

During Lockdown, please follow our new schedule.

Every class will be broadcast online.

To be admitted to class you must display the following in your name plate:

First name, Initial of last name, Belt colour, month of last test, # of stripes on your belt, Student ID#.

Example Mickey, M. Adv. Bl. July 4 0911

Please augment your training with our phone App - NKS-donmills

NKS' YouTube channel: Northern Electronic Dojo is another valuable resource.

Stay in contact on social media - Facebook & Instagram

Above all - Practice every day to maintain mental and physical health and strengthen your spirit. We will return to in dojo training when it is safe to do so.

We thank you for your patience.