

NORTHERN KARATE STEELES

ZOOM CLASS SCHEDULE

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
Children Novice (White Belts) 4:00pm	Children Novice (White Belts) 4:00pm	Children Novice (White Belts) 4:00pm	Children Novice (White Belts) 4:00pm	Children Novice (White Belts) 4:00pm	All Novice (White Belts) 10:00am
Children BBM (Yellow, Orange Belts) 4:30pm	Children BBM (Yellow, Orange Belts) 4:30pm	Children BBM (Yellow, Orange Belts) 4:30pm	Children BBM (Yellow, Orange Belts) 4:30pm	Children BBM (Yellow, Orange Belts) 4:30pm	All BBM (Yellow, Orange Belts) 10:00am
Children BBM (Green, Blue, Adv. Blue Belts) 4:30pm	Children BBM (Green, Blue, Adv. Blue Belts) 4:30pm	Children BBM (Green, Blue, Adv. Blue Belts) 4:30pm	Children BBM (Green, Blue, Adv. Blue Belts) 4:30pm	Children BBM (Green, Blue, Adv. Blue Belts) 4:30pm	All BBM (Green, Blue, Adv. Blue Belts) 10:30am
Children Pre-Masters (Purple, Adv. Purple Belts) 5:10pm	Children Pre-Masters (Purple, Adv. Purple Belts) 5:10pm	Children Pre-Masters (Purple, Adv. Purple Belts) 5:10pm	Children Pre-Masters (Purple, Adv. Purple Belts) 5:10pm	Children Pre-Masters (Purple, Adv. Purple Belts) 5:10pm	All Pre-Masters (Purple, Adv. Purple Belts) 10:30am
Children Masters (Brown, Adv. Brown Belts) 5:10pm	Children Masters (Brown, Adv. Brown Belts) 5:10pm	Children Masters (Brown, Adv. Brown Belts) 5:10pm	Children Masters (Brown, Adv. Brown Belts) 5:10pm	Children Masters (Brown, Adv. Brown Belts) 5:10pm	All Masters (Brown, Adv. Brown Belts) 11:00am
Adult Novice/BBM (White to Adv Blue Belts) 6:00pm	Adult Novice/BBM (White to Adv Blue Belts) 6:00pm	Adult Novice/BBM (White to Adv Blue Belts) 6:00pm	Adult Novice/BBM (White to Adv Blue Belts) 6:00pm	Adult Novice/BBM (White to Adv Blue Belts) 6:00pm	All Black Belts 11:00am
Adult Pre/Masters (Purple to Adv. Brown Belts) 6:00pm	Adult Pre/Masters (Purple to Adv. Brown Belts) 6:00pm	Adult Pre/Masters (Purple to Adv. Brown Belts) 6:00pm	Adult Pre/Masters (Purple to Adv. Brown Belts) 6:00pm	Adult Pre/Masters (Purple to Adv. Brown Belts) 6:00pm	CARDIO CLASS 11:30am
All Shodans (1 st Degree Black Belts) 6:50pm	All Shodans (1 st Degree Black Belts) 6:50pm	All Shodans (1 st Degree Black Belts) 6:50pm	All Shodans (1 st Degree Black Belts) 6:50pm	All Shodans (1 st Degree Black Belts) 6:50pm	
All Nidans + Higher (2 nd , 3 rd and 4 th Degree Black Belts) 6:50pm	All Nidans + Higher (2 nd , 3 rd and 4 th Degree Black Belts) 6:50pm	All Nidans + Higher (2 nd , 3 rd and 4 th Degree Black Belts) 6:50pm	All Nidans + Higher (2 nd , 3 rd and 4 th Degree Black Belts) 6:50pm	All Nidans + Higher (2 nd , 3 rd and 4 th Degree Black Belts) 6:50pm	

To take part in our virtual classes, download the Zoom App on your smartphone, tablet or laptop (with a camera/webcam) and make sure the app is up to date (with the newest version).

Please see below with all details and instructions for Zoom Classes.

You will not need an account to access the virtual class, just the access links provided below.

Please save the link for your specific class somewhere safe and accessible as the link will be needed for every class going forward.

There will be two classes that run at the same time, please make sure you use the right ID for your belt level.

Please refer to your correct color-coded classes:

Access link: (Red coded classes) <https://us04web.zoom.us/j/6445951396>

Meeting ID: 644 595 1396 Password: 4350

Access link: (Blue coded classes) <https://us04web.zoom.us/j/7111671770>

Meeting ID: 711 167 1770 Password: 4350

When it comes time for your class, please click the link and join the meeting.

Ensure that you change the name of your device so the Sensei can see who you are.

After successfully joining, please ensure to click “join audio” at the bottom left corner to be able to hear the class.

Make sure you turn on your video so that your Sensei can see your practice and provide feedback as well.

Then, please click on our “Northern Karate Steeles” image to open to full screen.

All participants should be on video and have their uniforms and belts on as well.