



Northern Karate Schools

865 York Mills Rd. Toronto, ON M3B 1Y6

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Effective July 5, 2021

MON	TUE	WED	THU	FRI	SAT
12:00-1:00pm Youth/Adult ALL BELTS	12:00-12:30pm Youth/Adult Novice		12:00-12:30pm Youth/Adult Novice	12:00-1:00pm Youth/Adult All Belts	☀☀ 8:00-9:00am Nidan & Above
3:45-4:15pm White & Yellow	12:00-1:00pm Youth/Adult BBM		12:00-1:00pm Youth/Adult BBM		
4:20-4:50pm Orange & Green	12:00-1:30pm Youth/Adult PreMAS & MAS		12:00-1:30pm Youth/Adult PreMAS & MAS	3:45-4:30pm MASTERS	☀☀
☀ 4:55-5:25pm Blue & Adv Blue	3:45-4:15pm Orange & Green	3:45-4:15pm Blue & Adv Blue	3:45-4:25pm PreMAS	4:35-5:05pm White & Yellow	☀☀ 9:00-9:45am Youth/Adult MASTERS
☀ 5:30-6:10pm PreMAS	4:20-4:50pm Blue & Adv Blue	4:20-5:00pm PreMAS	☀ 4:30-5:15pm MASTERS	☀ 5:10-5:40pm Orange & Green	☀☀
☀ 6:15-7:00pm MASTERS	☀ 4:55-5:35pm PreMAS	☀ 5:05-5:50pm MASTERS	☀ 5:20-5:50pm White & Yellow	☀ 5:45-6:15pm Blue & Adv Blue	10:00-10:30am White & Yellow
☀☀ 7:30-8:00pm YOUTH/ADULT Novice	☀ 5:40-6:25pm MASTERS	☀ 5:55-6:25pm White & Yellow	☀ 5:55-6:25pm Orange & Green	☀ 6:20-7:00pm PreMAS	☀☀ 10:35-11:05am Orange & Green
☀☀ 7:30-8:30pm YOUTH/ADULT BBM	☀ 6:30-7:00pm White & Yellow	☀☀ 6:30-7:00pm Orange & Green	☀ 6:30-7:00pm Blue & Adv Blue	☀☀ 7:30-8:00pm YOUTH/ADULT Novice	☀☀ 11:10-11:40am Blue & Adv Blue
☀☀ 7:30-9:00pm YOUTH/ADULT PreMAS/MAS	☀ 7:30-8:00pm Youth/Adult Novice	☀☀ 7:30-8:00pm YOUTH/ADULT Novice	☀ 7:30-8:00pm Youth/Adult Novice	☀☀ 7:30-8:30pm YOUTH/ADULT BBM	☀☀ 11:45-12:25pm PreMAS
	☀ 7:30-8:30pm Youth/Adult BBM	☀☀ 7:30-8:30pm YOUTH/ADULT BBM	☀ 7:30-8:00pm Youth/Adult Novice	☀☀ 7:30-9:00pm YOUTH/ADULT PreMAS/MAS	☀☀ 12:30-1:15pm MASTERS
	☀ 7:30-9:00pm Youth/Adult PreMAS/MAS	☀☀ 7:30-9:00pm YOUTH/ADULT PreMAS/MAS	☀ 7:30-8:30pm Youth/Adult BBM		☀☀ 1:30-2:15pm Youth/Adult White
			☀ 7:30-9:00pm Youth/Adult PreMAS/MAS		☀☀ 1:30-2:30pm Youth/Adult BBM
					☀☀ 2:30-3:30pm Demo Team

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

Questions? Email us at
donmills@northernkarate.com

NEW ONLINE SCHEDULE

Outdoor classes are held in the South West area of our mall parking lot - weather permitting.

Bad weather - We will send an email to cancel weekday classes by 3pm and by 7:30am on Saturdays. (Cancelled classes will be conducted online.)

No need to register for outdoor classes.
 Wear Gi pants, T-shirt or Gi top, belt, hat, sunscreen & running shoes. Bring water.

No sun symbol = Online only classes

☀ One sun symbol = Online AND outdoor classes

☀☀ Two sun symbols = Outdoor classes ONLY

Online students - Please display the following three items - First name, Belt colour, number of stripes on your belt.

Download our free phone App (NKS-don mills) to review syllabus requirements, calendars, schedules, and so much more.

NEED HELP? Email to request a review class.

Follow us on Facebook (Northern Karate Schools - don mills) and Instagram @nksdm

THANK YOU FOR YOUR SUPPORT