

EFFECTIVE: July 19th, 2021.

NORTHERN KARATE SCHOOLS - STEELES WEST

4350 Steeles Avenue West, Woodbridge, Ont., L4L 4Y3

Phone: (905) 856-4047 steeles@northernkarate.com

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Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
12:00 - 12:45 Adult - All Belts Master cont'd to 1:00		12:00 - 12:45 Adult - All Belts Master cont'd to 1:00		12:00 - 12:45 Adult - All Belts Master cont'd to 1:00	9:00 - 10:00 Striking Class	
4:00 - 4:40 Junior Pre-Masters Purple + Adv. Purple	4:00 - 4:20 Children Novice / White	4:00 - 4:40 Junior Pre-Masters Purple + Adv. Purple	4:00 - 4:20 Children Novice / White	4:00 - 4:40 Children BBM	10:00 - 10:20 Children Novice / White	
4:40 - 5:20 Junior Masters Brown + Adv. Brown	4:20 - 5:00 Children BBM Yellow / Orange Green	4:40 - 5:20 Junior Masters Brown + Adv. Brown	4:20 - 5:00 Children BBM Yellow / Orange Green	4:40 - 5:20 Junior Pre-Masters Masters	10:20 - 11:00 Children BBM	
5:20 - 5:40 Children Novice / White	5:00 - 5:40 Children BBM Blue + Adv. Blue	5:20 - 5:40 Children Novice / White	5:00 - 5:40 Children BBM Blue + Adv. Blue	5:20 - 5:40 Children Novice / White	11:00 - 11:40 Junior Pre-Masters Masters	
5:40 - 6:20 Children BBM Yellow / Orange Green	5:40 - 6:20 Junior Pre-Masters Purple + Adv. Purple	5:40 - 6:15 Children BBM Yellow / Orange Green	5:40 - 6:20 Junior Pre-Masters Purple + Adv. Purple	5:40 - 6:20 Adult / Teen Novice BBM Pre-Masters	11:40 - 12:20 Black Belt	
6:20 - 7:00 Children BBM Blue + Adv. Blue	6:20 - 7:00 Junior Masters Brown + Adv. Brown	6:20 - 7:00 Children BBM Blue + Adv. Blue	6:20 - 7:00 Junior Masters Brown + Adv. Brown	6:20 - 7:00 Adult / Teen Masters	12:20 - 1:00 Adult / Teen All Belts	
7:00 - 7:40 Adult / Teen Novice BBM	7:00 - 7:40 Adult / Teen Novice BBM	7:00 - 7:40 Adult / Teen Novice BBM	7:00 - 7:40 Adult / Teen Novice BBM	7:00 - 7:40 Cardio Combat Class		
7:40 - 8:20 Adult / Teen Purple + Adv. Purple Brown + Adv. Brown	7:40 - 8:20 Adult / Teen Purple + Adv. Purple Brown + Adv. Brown	7:40 - 8:20 Adult / Teen Purple + Adv. Purple Brown + Adv. Brown	7:40 - 8:20 Adult / Teen Purple + Adv. Purple Brown + Adv. Brown			
8:20 - 9:00 Black Belt	8:20 - 9:00 Black Belt	8:20 - 9:00 Black Belt	8:20 - 9:00 Black Belt			
		9:00 - 9:40 Cardio Combat Class				

Dojo Social Distancing Rules

- We have purchased Government of Canada-approved industrial sanitizing equipment to help us disinfect the training areas.
- Social distancing markers have been placed on the dojo floor 2 meters apart.
- Please wait for your class in the designated area.
- Everyone entering the dojo is required to sanitize their hands.
- Students must line up for class on one of the socially distanced floor markers.
- Students will only be allowed to use their own equipment.

PLEASE NOTE ZOOM CLASS SCHEDULE

ZOOM classes will take place
Monday Wednesday & Friday
follow the regular class schedule as above.