EFFECTIVE: July 19th, 2021.

NORTHERN KARATE SCHOOLS - STEELES WEST

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Find and add us on Facebook: Nks Steeles Follow us on Instagram: @nkssteeles

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