



#NORTHERNKARATE

1515 Steeles Ave E, North York, M2M 3Y7

4 1 6 • 4 9 9 • 5 5 5 5

**In person
OUTDOOR
& INDOOR**

MON	TUE	WED	THU	FRI	SAT
4:40-5:20pm Jr BBM & PreMAS & MAS Orange - Black	4:00-4:30pm Jr Novice & Jr BBM White - Yellow Adv	4:40-5:20pm Jr BBM & PreMAS & MAS Orange - Black	11:30-12:15pm Adult & Teens ALL BELTS	5:00-5:30pm Jr Novice & Jr BBM White - Yellow Adv	9:30-10:30am BLACK BELTS All Ages
5:30-6:00pm Jr Novice & Jr BBM White - Yellow Adv	4:30-5:00pm Jr BBM Yellow - Blue Adv	5:30-6:00pm Jr Novice & Jr BBM White - Yellow Adv	4:00-4:30pm Jr Novice & Jr BBM White - Yellow Adv	5:30-6:00pm Jr Strength & Conditioning Orange - Black	10:30-11:00am Jr Novice & Jr BBM White - Yellow Adv
6:00-6:40pm Jr BBM Orange - Blue Adv	5:15-6:00pm SHODANS ONLY	6:00-6:40pm Jr BBM Orange - Blue Adv	4:30-5:00pm Jr BBM Yellow - Blue Adv	6:00-6:40pm Brown Adv Black Belt Prep	11:00-11:40am Jr BBM Orange - Blue Adv
6:40-7:20pm Jr PreMAS & MAS Purple - Black	6:00-6:40pm Jr PreMAS & MAS Purple - Brown Adv	6:40-7:20pm Jr PreMAS & MAS Purple - Black	5:10-5:50pm Jr PreMAS & MAS Purple - Brown Adv	6:45-7:30pm Adult & Teens All Belts	11:40-12:20pm Jr PreMAS & MAS Purple - Brown Adv
7:20-8:00pm Adult & Teens White Belts	6:45-7:25pm Kids BJJ	7:20-8:00pm Adult & Teens White Belts	5:50-6:30pm SHODANS ONLY	7:30-8:45pm Adult & Teens BJJ	12:20-12:50pm FAMILY CLASS
7:20-8:20pm Adult & Teens Yellow - Blue Adv	7:30-8:30pm NIDANS +	7:20-8:20pm Adult & Teens Yellow - Blue Adv	6:30-7:00pm FAMILY CLASS		1:00-2:00pm Adult & Teens ALL BELTS
7:20-8:30pm Adult & Teens Purple & up	8:30-9:30pm Adult & Teens BJJ	7:20-8:30pm Adult & Teens Purple & up	7:00-7:50pm NIDANS +		
			7:50-8:30pm Adult & Teens White Belts		
			7:50-8:50pm Adult & Teens Yellow - Brown Adv		



download our app: NKS - Willowdale



facebook.com/northernkaratewillowdale



Instagram: @northernkaratewillowdale

! *Must have a sibling or parent attend class with you. We will be working on Self-Defence or Sparring drills.

**EFFECTIVE
July 17, 2021**

ZOOM ONLY

MON	TUE	WED	THU	FRI	SAT
4:00-4:30pm Jr BBM Yellow - Blue Adv	11:30-12:15pm Adult & Teens ALL BELTS	4:00-4:30pm Jr BBM Yellow - Blue Adv	4:30-5:00pm Jr BBM Yellow - Blue Adv	4:30-5:00pm Jr BBM Yellow - Blue Adv	11:00-11:30am Jr BBM Yellow - Blue Adv
4:00-4:40pm Jr PreMAS & MAS Purple - Black	4:30-5:00pm Jr BBM Yellow - Blue Adv	4:00-4:40pm Jr PreMAS & MAS Purple - Black	5:50-6:30pm SHODANS ONLY	5:30-6:00pm Jr PreMAS & MAS	11:00-11:40am Jr PreMAS & MAS Purple - Shodans
6:00-6:30pm Jr BBM Yellow - Blue Adv	6:45-7:30pm Jr PreMAS & MAS Purple - Black	6:00-6:30pm Jr BBM Yellow - Blue Adv	6:30-7:00pm Jr PreMAS & MAS Purple - Brown Adv	6:45-7:30pm Adult & Teens ALL BELTS	12:20-1:10pm Adult & Teens ALL BELTS
6:00-6:40pm Jr PreMAS & MAS Purple - Black	7:30-8:15pm Nidans +	6:00-6:40pm Jr PreMAS & MAS Purple - Black	7:00-7:50pm Nidans +		
7:30-8:15pm Adult & Teens ALL BELTS					

***DID YOU KNOW WE
HAVE INSTALLED
A 5 STAGE AIR
PURIFIER SYSTEM?***