

EFFECTIVE: September 20th, 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 - 4:30 Children Novice / White	4:00 - 4:40 Junior Pre-Masters Purple + Adv. Purple	4:00 - 4:30 Children Novice / White	4:00 - 4:40 Children BBM	10:00 - 10:30 Children Novice / White	
4:40 - 5:20 Junior Masters Brown + Adv. Brown	4:30 - 5:10 Children BBM	4:40 - 5:20 Junior Masters Brown + Adv. Brown	4:30 - 5:10 Children BBM	4:40 - 5:20 Junior Pre-Masters Masters	10:30 - 11:10 Children BBM	
5:20 - 5:50 Children Novice / White	5:10 - 5:50 Junior Pre-Masters Purple + Adv. Purple	5:20 - 5:50 Children Novice / White	5:10 - 5:50 Junior Pre-Masters Purple + Adv. Purple	5:20 - 5:50 Children Novice / White	11:10 - 11:50 Junior Pre-Masters Masters	
5:50 - 6:30 Children BBM	5:50 - 6:30 Junior Masters Brown + Adv. Brown	5:50 - 6:30 Children BBM	5:50 - 6:30 Junior Masters Brown + Adv. Brown	5:50 - 6:30 Adult / Teen Novice BBM Pre-Masters Masters	11:50 - 12:30 Black Belt	
6:30 - 7:10 Adult / Teen Novice BBM	6:30 - 7:10 Adult / Teen Novice BBM	6:30 - 7:10 Adult / Teen Novice BBM	6:30 - 7:10 Adult / Teen Novice BBM	6:30 - 7:10 Adult / Teen Black Belt	12:30 - 1:10 Adult / Teen All Belts	
7:10 - 8:00 Adult / Teen Purple + Adv. Purple Brown + Adv. Brown	7:10 - 8:00 Adult / Teen Purple + Adv. Purple Brown + Adv. Brown	7:10 - 8:00 Adult / Teen Purple + Adv. Purple Brown + Adv. Brown	7:10 - 8:00 Adult / Teen Purple + Adv. Purple Brown + Adv. Brown	7:10 - 7:50 Cardio Combat Class		
8:00 - 8:50 Black Belt	8:00 - 8:50 Black Belt	8:00 - 8:50 Black Belt	8:00 - 8:50 Black Belt			
		8:50 - 9:30 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.