








IN-PERSON SCHEDULE

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
10:00-11:00am All Belts Adult		10:00-11:00am Combat Conditioning  Adult		10:00-11:00am All Belts Adult	9:00-9:30 White Belts 5 and Under	9:00-9:30 White/ Yellow Belts 7 and Under
4:30-5:10 Orange to Blue Adv Belts 8 and Under	4:30-5:00 White Belts 5 and Under	4:30-5:10 Orange to Blue Adv Belts 8 and Under	4:30-5:00 White Belts 5 and Under	4:30-5:10 Purple to Brown Belts 10 and Under	9:30-10:00 White/ Yellow Belts 6 to 7 yrs	9:30-10:10 Orange/ Green Belts 13 and Under
5:10-5:50 Brown Adv Belts 13 and Under	5:00-5:30 White/ Yellow Belts 6 to 7 yrs	5:10-5:50 Orange to Blue Adv Belts 9 to 13 yrs	5:00-5:30 White/ Yellow Belts 6 to 7 yrs	5:10-5:50 Purple to Brown Belts 11 to 13 yrs	10:00-10:40 Orange/ Green Belts 13 and Under	10:10-10:50 Blue/ Blue Adv Belts 13 and Under
5:50-6:30 White/ Yellow Belts 8 to 13 yrs	5:30-6:10 Purple to Brown Belts 10 and Under	5:50-6:30 White/ Yellow Belts 8 to 13 yrs	5:30-6:10 Purple to Brown Belts 10 and Under	5:50-6:30 Brown Adv Belts All Ages	10:40-11:20 Blue/ Blue Adv Belts 13 and Under	10:50-11:30 Purple to Brown Belts 10 and Under
6:30-7:10 Purple to Brown Belts 11 to 13 yrs	6:10-6:50 Black Belts + 13 and Under	6:30-7:10 Purple to Brown Belts 11 to 13 yrs	6:10-6:50 Brown Adv Belts 13 and Under	6:30-7:15 Nidan and Sandan Prep By Invitation	11:20-12:00 White/ Yellow Belts 8 to 13 yrs	11:30-12:10 Purple to Brown Belts 11 to 13 yrs
7:10-8:00 Orange to Blue Adv Belts Adult	6:50-7:30 Orange to Blue Adv Belts 9 to 13 yrs	7:10-8:00 Orange to Blue Adv Belts Adult	6:50-7:30 Black Belts + 13 and Under	7:15-8:00 Shodan Level All Ages	12:00-1:00 Black Belts + All Ages	12:10-12:50 Brown Adv Belts All Ages
8:00-9:00 Purple to Brown Belts Adult	7:30-8:15 White/Yellow Belts Adult	8:00-8:45 Combat Conditioning  Adult	7:30-8:15 White/Yellow Belts Adult	8:00-8:45 Nidan/Sandan/ Yondan Level All Ages	1:00-2:00 Combat Conditioning  Adult	12:50-1:50 Combat Conditioning  Adult
9:00-10:00 Brown Adv Belts Adult	8:15-9:15 Black Belts + Adults	8:45-9:30 Purple to Brown Belts Adult	8:15-9:15 Black Belts + Adults	8:45-9:30 Purple to Brown Belts Adult	2:00-3:00 Combat Veritas  Adult	1:50-2:30 White/Yellow Belts Adult
Schedule is effective November 1st, 2021	9:15-10:15 Combat Veritas  Adult	9:30-10:15 Brown Adv Belts Adult	9:15-10:15 Combat Veritas  Adult		3:30-5:00 Saturday & Sunday Birthday Parties Ask Staff for Details	2:30-3:15 Orange to Blue Adv Belts Adult

ZOOM SCHEDULE

MONDAY NKS Willowdale	TUESDAY NKS Markham	WEDNESDAY NKS Aurora	THURSDAY NKS Ajax	SATURDAY NKS Thornhill	SUNDAY NKS Thornhill
ID: 714 751 9735	ID: 836 8307 3644	ID: 881 7121 5374	ID: 399 712 1496	ID: 847 0834 7493	ID: 847 0834 7493
4:00-4:30 Yellow to Blue Adv Belts Kids	4:20-4:50 White Belts Kids	4:30-5:00 Yellow to Blue Adv Belts Kids	6:00-6:30 White Belts Kids	10:00-10:20 Shodan Kata All Ages	<div style="border: 1px solid black; border-radius: 15px; padding: 10px;"> <p>Sunday will be set as an evaluation day. Sign up, via the app, for a 10 minute spot if you are currently a member of the NKS- Thornhill location and you have NOT received your stripe for the month. Please limit your sign up to 1x per week.</p> </div>
4:35-4:50 Heian Shodan All Ages	6:00-6:15 Heian Sandan All Ages	5:05-5:20 Bassai All Ages	6:35-6:50 Kanku Sho All Ages	10:20-10:40 Shodan Kobudo All Ages	
4:55-5:10 Heian Nidan All Ages	6:20-6:35 Heian Yodan All Ages	5:25-5:40 Jion All Ages	6:55-7:10 Chibana no Sai All Ages	10:40-11:00 Nidan Kata All Ages	
5:15-6:00 Purple to Black Belts + Kids/Teens	6:40-6:55 Heian Godan All Ages	5:45-6:00 Enpei All Ages	7:15-7:30 Tokuyama no Tonfa All Ages	11:00-11:20 Nidan Kobudo All Ages	
	8:40-9:25 All Belts Adults	6:05-6:20 Kanku Dai All Ages	7:35-7:50 Suishi no Kan All Ages	11:20-12:05 All Belts Adults	
		6:25-7:10 Purple to Black Belts + Kids/Teens			

Sign in using the specific daily ID listed. Contact NKS for the password.
 Set your name in the following format: **TH (for Thornhill)/First Name/Last Name Initial**