



NORTHERN KARATE SCHOOLS - AURORA



15420 Bayview Avenue, Aurora ON

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www.northernkarate.com

905-726-8886

January 5th 2022
lockdown

MONDAY	TUE D A Y S	W E D N E S D A Y	THURSDAY	FRIDAY	SATURDAY
	12-1:00 pm Adult All Belt		12-1:00 pm Adult All Belt		9:30 -10:00 am Novice
KIDS CLASSES					
4:00 - 4:30 pm Novice	4:00 - 4:45 pm BBM	4:00 - 4:30 pm Novice	4:00 - 4:45 pm BBM	4:00 - 4:30 pm Novice	10:15 – 11:00 am Adults All belts
4:30 – 5:15 pm BBM	4:45 – 5:30 pm Masters and Pre Masters	4:30 – 5:15 pm BBM	4:45 – 5:30 pm Masters and Pre Masters	4:30 – 5:15 pm BBM	10:15 – 11:15 am Adult Masters
5:15 – 6:00 pm Masters and Pre Masters	5:30 – 6:00 pm Novice	5:15 – 6:00 pm Masters and Pre Masters	5:30 – 6:00 pm Novice	5:15 – 6:00 pm Masters and Pre Masters	10:15 – 11:00 am Prep Class
6:00 – 6:30 pm Novice	6:00 – 6:45 pm Masters and Pre Masters	6:00 – 6:30 pm Novice	6:00 – 6:45 pm Masters and Pre Masters	6:00 – 6:30 pm Novice	11:30 – 12:15 pm BBM
6:30-7:15 pm BBM	6:45 – 7:15 pm Novice	6:30-7:15 pm BBM	6:45 – 7:15 pm Novice	6:30-7:15 pm BBM	12:30 – 1:15 pm Masters and Pre Masters
7:15 – 8:00 pm Masters and Pre Masters	7:15 – 8:00 pm BBM	7:15 – 8:00 pm Masters and Pre Masters	7:15 – 8:00 pm BBM	7:15 – 8:00 pm Family Class	  or up-to-date Announcements follow our facebook Page Northern Karate Aurora or Instagram @NKSAurora
ADULT CLASSES					
7:15 – 8:00 pm Adults All Belt	7:15 – 8:00 pm Adults All Belt	7:15 – 8:00 pm Adults All Belt	7:15 – 8:00 pm Adults All Belt	7:15 – 8:00 pm Adults All Belt	
Zoom meeting ID 88171215374 Call us for Password: nks4life					

**NORTHERN KARATE
SCHOOLS' STUDENT CREED**

I promise to become the best possible person I can be. With honesty in my heart, confidence in my mind and strength in my body, I will achieve EXCELLENCE and share it with others.

What is your goal?
Black Belt Excellence

What is your quest?
Personal Best

**GRADING NIGHT every
LAST WEDNESDAY of the Month**
Regular Kids Classes Cancelled
In Person Protocol

1. Stay home if you are sick
2. Come early and In your uniform.
3. Please make a line outside and the staff will let you in
4. Stay in your designated area
5. Mask only on partner drills
6. Bring a filled water bottle

- Online class Protocol**
1. Log in 5 mins early and stay in class
 2. All cameras should be on
 3. Wear your uniform and belt
 4. Train like you do at the dojo
 5. If you have a question raise you hand and wait to be acknowledge (do not disrupt the class in progress)

Please book your class through the student portal: auroranks.com