

EFFECTIVE: March 1st, 2022.

NORTHERN KARATE SCHOOLS - STEELES WEST

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Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
12:00 - 12:45 Adult / Teen All Belts Masters cont'd to 1:00		12:00 - 12:45 Adult / Teen All Belts Masters cont'd to 1:00		12:00 - 12:45 Adult / Teen All Belts Masters cont'd to 1:00	9:00 - 10:00 Striking Class	
4:30 - 5:10 Junior Pre-Masters and Masters	4:30 - 5:00 Children Novice / White	4:30 - 5:10 Junior Pre-Masters and Masters	4:30 - 5:00 Children Novice / White	4:30 - 5:10 Children BBM	10:00 - 10:30 Children Novice / White	
5:10 - 5:40 Children Novice / White	5:00 - 5:40 Children BBM	5:10 - 5:40 Children Novice / White	5:00 - 5:40 Children BBM	5:10 - 5:50 Junior Pre-Masters and Masters	10:30 - 11:10 Children BBM	
5:40 - 6:20 Children BBM	5:40 - 6:20 Junior Pre-Masters and Masters	5:40 - 6:20 Children BBM	5:40 - 6:20 Junior Pre-Masters and Masters	5:50 - 6:20 Children Novice / White	11:10 - 11:50 Junior Pre-Masters and Masters	
6:20 - 7:05 Adult / Teen Novice + BBM	6:20 - 7:05 Adult / Teen Novice + BBM	6:20 - 7:05 Adult / Teen Novice + BBM	6:20 - 7:05 Adult / Teen Novice + BBM	6:20 - 7:00 Adult / Teen Novice + BBM Pre-Masters	11:50 - 12:30 Black Belt	
7:05 - 7:50 Adult / Teen Purple + Adv. Purple Brown + Adv. Brown	7:05 - 7:50 Adult / Teen Purple + Adv. Purple Brown + Adv. Brown	7:05 - 7:50 Adult / Teen Purple + Adv. Purple Brown + Adv. Brown	7:05 - 7:50 Adult / Teen Purple + Adv. Purple Brown + Adv. Brown	7:00 - 7:40 Adult / Teen Brown + Adv. Brown and Black Belt	12:30 - 1:10 Adult / Teen All Belts	
7:50 - 8:50 Black Belt	7:50 - 8:50 Black Belt	7:50 - 8:30 Cardio Combat Class	7:50 - 8:50 Black Belt	7:40 - 8:20 Cardio Combat Class		
		8:30 - 9:15 Black Belt				

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.
- 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
Tuesday & Thursday
For BBM, PreMaster & Masters Only
To Follow Class Schedule**

**** Please note no Novice class on ZOOM****