



NORTHERN KARATE SCHOOLS - AURORA

15420 Bayview Avenue, Aurora ON

aurora@northernkarate.com

**Effective
February 2022**

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

905-726-8886

| MONDAY | TUESDAYS | WEDNESDAY | 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 | 11:30 – 12:15 pm BBM |
| 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 | 12:30 – 1:15 pm Masters and Pre Masters |
| 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 | 1:15 – 2:15 pm Prep Class |
| 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 | |
| ADULT CLASSES | | | | | |
| 8:00 - 8:45 pm Adults All Belt | 8:00 - 8:45 pm Adults All Belt | 8:00 - 8:45 pm Adults All Belt | 8:00 - 8:45 pm Adult Pre-masters | 8:00 - 8:45 pm Adults All Belt | |
| 8:00 – 9:00pm Adults Masters | 8:00 – 9:00pm Adults Masters | 8:00 – 9:00pm Adults Masters | 8:00 – 9:00pm Adults Masters | 8:00 – 9:00pm Adults Masters | |



For up-to-date
Announcements
check our
facebook Page
Northern Karate
Aurora
or Instagram
@NKSAurora

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)

www.northernkarate.com

Zoom meeting ID **88171215374** Call us for Password