



# #NORTHERNKARATE

1515 Steeles Ave E, North York, M2M 3Y7

**\*DID YOU KNOW WE HAVE INSTALLED  
A 5 STAGE AIR PURIFIER SYSTEM?\***

**4 1 6 • 4 9 9 • 5 5 5 5**

| MON  | TUE   | WED   | THU   | FRI  | SAT  |
|--|---|---|---|--|--|
| 4:30-5:10pm<br>Jr BBM<br>Yellow-Blue Adv                     | 11:30-12:15pm<br>Adults & Teens<br>ALL BELTS                | 4:30-5:10pm<br>Jr BBM<br>Yellow -<br>Blue Adv                     | 11:30-12:15pm<br>Adults & Teens<br>ALL BELTS                    | 4:30-5:00pm<br>Jr BBM<br>Yellow - Blue Adv                 | 9:00-9:30am<br>Jr Novice<br>White - Yellow           |
| 5:15-5:55pm<br>Jr PreMAS<br>& MAS Purple<br>- Black          | 4:30-5:00pm<br>Jr Novice<br>White -<br>Yellow Adv           | 5:10-5:55pm<br>Jr PreMAS<br>& MAS Purple<br>- Black               | 4:30-5:00pm<br>Jr Novice<br>& Jr BBM -<br>White -<br>Yellow Adv | 5:00-5:30pm<br>Jr Novice<br>White - Yellow                 | 9:30-10:30am<br>BLACK BELTS                          |
| 6:00-6:30pm<br>Jr Novice<br>White - Yellow                   | 5:00-5:45pm<br>Jr MAS<br>Brown -<br>Brown Adv               | 6:00-6:30pm<br>Jr Novice<br>White - Yellow                        | 5:00-5:45pm<br>Jr MAS<br>Brown -<br>Brown Adv                   | 5:30-6:00pm<br>Jr SPARRING<br>ONLY<br>BBM, PreMAS<br>& MAS | 10:30-11:10am<br>Jr BBM<br>Yellow -<br>Blue Adv      |
| 6:30-7:10pm<br>Jr BBM<br>Yellow - Blue                       | 5:00-5:45pm<br>Jr Black Belts<br>SHODANS                    | 6:30-7:10pm<br>Jr BBM<br>Yellow - Blue                            | 5:00-5:45pm<br>Jr Black Belts<br>SHODANS                        | 6:00-6:30pm<br>Black Belt Prep<br>Brown Adv ONLY           | 10:30-11:10am<br>Jr PreMAS<br>Purple &<br>Purple Adv |
| 7:10-7:50pm<br>Jr BBM<br>Blue Adv ONLY                       | 5:45-6:25pm<br>Jr BBM<br>& PreMAS<br>Orange -<br>Purple Adv | 7:10-7:50pm<br>Jr BBM<br>Blue Adv ONLY                            | 5:45-6:30pm<br>Jr BBM<br>Yellow -<br>Blue Adv                   | 6:30-7:30pm<br>Adults & Teens<br>ALL BELTS                 | 11:15-12:00pm<br>Jr MAS<br>Brown -<br>Brown Adv      |
| 7:10-8:00pm<br>Jr PreMAS<br>& MAS<br>Purple - Black          | 6:30-7:15pm<br>Jr & Youth<br>BJJ*                           | 7:10-8:00pm<br>Jr PreMAS<br>& MAS<br>Purple - Black               | 6:30-7:00pm<br>Jr Kata Class<br>Green & Up                      | 7:30-8:45pm<br>Adults & Teens<br>BJJ*                      | 11:15-12:00pm<br>Youth & PreTeen<br>BJJ              |
| 8:00-8:45pm<br>Adults & Teens<br>White - Blue Adv            | 7:15-8:15pm<br>Black Belts<br>Nidans & Up                   | 8:00-8:45pm<br>Adults & Teens<br>White - Blue Adv                 | 7:00-8:00pm<br>Adults & Teens<br>White - Blue Adv               | 7:30-8:30pm<br>Adults & Teens<br>BJJ*                      | 12:00-1:00pm<br>Adults & Teens<br>ALL BELTS          |
| 8:00-9:00pm<br>Adults & Teens<br>PreMAS & MAS<br>Purple & Up | 8:15-9:45pm<br>Adults & Teens<br>BJJ*                       | 8:00-8:45pm<br>Adults & Teens<br>White Belts                      | 7:00-8:15pm<br>Adult & Teens<br>Black Belts                     | Fundamentals<br>& Speed Drills                             | 1:15-2:45pm<br>Adults & Teens<br>BJJ*                |
|  |   | 8:00-9:00pm<br>Adults & Teens<br>Yellow & Up                      | 8:15-9:45pm<br>Adult & Teens<br>BJJ*                            |  |  |
|  |   | 9:00-9:30pm<br>Adults & Teens<br>Combat Veritas<br>Sparring Class |   |  |  |



**BJJ classes are a separate program,  
please speak with staff to see if you  
or your child are eligible.**