



Northern Karate Schools

865 York Mills Rd. Toronto, ON M3B 1Y6

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Effective October 1, 2022

MON	TUE	WED	THU	FRI	SAT
6:30am YOUTH/ADULT Open Mat			6:30am YOUTH/ADULT Open Mat		7:30am Tai Chi Foundations
	12:00-1:00pm YOUTH/ADULT All Belts		12:00-1:00pm YOUTH/ADULT All Belts		 8:00am YOUTH/ADULT Nidan & Up
4:30pm FAMILY White 3-7 years	 4:30pm FAMILY Orange / Green / Blue	4:30pm FAMILY White 3-7 years	 4:30pm FAMILY Orange / Green / Blue	4:30pm FAMILY White Belts	 9:15am FAMILY PreMas / MAS / BBP Kobudo
5:00pm FAMILY Yellow	 5:15pm FAMILY PreMAS / MAS / BBP	5:00pm FAMILY Yellow	 5:15pm FAMILY PreMAS / MAS / BBP	5:00pm FAMILY Yellow	10:00am FAMILY White 3-7 years
5:30pm FAMILY Orange / Green / Blue	 6:00pm White 7-11 years	5:30pm FAMILY Orange / Green / Blue	 6:00pm FAMILY White 7-11 years	5:30pm FAMILY Orange / Green / Blue	10:30am FAMILY White 7-11 years
6:15pm FAMILY PreMAS / MAS / BBP	 6:30pm FAMILY Yellow	6:15pm FAMILY PreMAS / MAS / BBP	 6:30pm FAMILY Yellow	6:15pm FAMILY PreMAS / MAS / BBP	11:00-11:45am FAMILY Yellow
7:00-7:30pm FAMILY White 7-11 years	7:00-7:30pm FAMILY White 3-7 years	7:00-7:30pm FAMILY White 7-11 years	7:00-7:30pm FAMILY White 3-7 years	7:00-7:30pm FAMILY White Belts	11:45am FAMILY Orange / Green / Blue
7:45pm YOUTH/ADULT Nidan & Up	7:45pm YOUTH/ADULT All Belts	7:45pm YOUTH/ADULT Nidan & Up	7:45pm YOUTH/ADULT All Belts / BBP	7:45pm YOUTH/ADULT Black Belts	12:30pm FAMILY PreMAS / MAS / BBP
8:45pm YOUTH/ADULT All Belts / BBP	8:45pm YOUTH/ADULT MAS / BBP	8:45pm YOUTH/ADULT All Belts / BBP	8:45pm YOUTH/ADULT MASTERS Demo Teams	8:45pm YOUTH/ADULT All Belts / BBP	1:30pm YOUTH/ADULT All Belts

**Questions? Email us at
donmills@northernkarate.com**

**PLEASE NOTE SCHEDULE & PROTOCOLS
MAY CHANGE WITHOUT NOTICE**

Please show respect to your teachers and fellow students by observing the following rules and protocols designed to enhance our service by creating a safe environment.

We are a mask-friendly environment.

Please observe Covid protocols as directed by staff.

Students may attend three classes per week.
- no reservations required

Enter the dojo from the front door - exit through rear door.

Arrive wearing your uniform - change rooms are not available.

Washroom facilities are available.

THANK YOU FOR SUPPORTING OUR DOJO COMMUNITY

*** To enhance our Covid protocols, we
have installed sliding windows and a
high quality air filter to increase fresh
air circulation.**

FAMILY = Parents & children (un-accompanied children may also attend)
YOUTH/ADULT = Minimum age 12
ALL BELTS = White belt to Black belt
ALL BELTS = White - 30 mins
ALL BELTS = Yellow to Blue - 45 mins
ALL BELTS = Purple to Black - 60 mins
NIDAN & Up = Black belts 2nd degree and higher
PreMAS = PreMASTERS = Purple belts
MAS = MASTERS = Brown and Black belts
KOBUDO = Focus on weapons
DEMO TEAMS = All Y/A MAS are welcome
BBP = Qualified Black Belt Candidates only