

EFFECTIVE: February 6th, 2023.

NORTHERN KARATE SCHOOLS - STEELES WEST

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<i>Monday</i>	<i>Tuesday</i>	<i>Wednesday</i>	<i>Thursday</i>	<i>Friday</i>	<i>Saturday</i>	<i>Sunday</i>
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 All BBM	10:00 - 10:30 Children Novice / White	
5:10 - 5:40 Children Novice / White	5:00 - 5:40 Children BBM Yellow / Orange	5:10 - 5:40 Children Novice / White	5:00 - 5:40 Children All BBM	5:10 - 5:50 Junior Pre-Masters and Masters	10:30 - 11:10 Children All BBM	
5:40 - 6:20 Children BBM Yellow / Orange	5:40 - 6:20 Children BBM Green to Adv. Blue	5:40 - 6:20 Children BBM Yellow / Orange	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 - 7:00 Children BBM Green to Adv. Blue	6:20 - 7:00 Junior Pre-Masters and Masters	6:20 - 7:00 Children BBM Green to Adv. Blue	6:20 - 7:00 Adult / Teen Novice + BBM	6:20 - 7:00 Adult / Teen Novice + BBM Pre-Masters	11:50 - 12:30 Black Belt	
7:00 - 7:40 Adult / Teen Novice + BBM	7:00 - 7:40 Adult / Teen Novice + BBM	7:00 - 7:40 Adult / Teen Novice + BBM	7:00 - 7:45 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	
7:40 - 8:25 Adult / Teen Purple + Adv. Purple Brown + Adv. Brown	7:40 - 8:25 Adult / Teen Purple + Adv. Purple Brown + Adv. Brown	7:40 - 8:25 Adult / Teen Purple + Adv. Purple Brown + Adv. Brown	7:45 - 8:30 Black Belt	7:40 - 8:20 Cardio Combat Class		
8:25 - 9:10 Black Belt	8:25 - 9:10 Black Belt	8:25 - 9:05 Cardio Combat Class				
		9:05 - 9:45 Black Belt				

BASIC RULES and ETIQUETTE:

1. Remove your shoes upon entering the school and place them in storage units.
2. Keep uniforms neat, clean, odour-free and in good repair.
3. For safety purposes, all jewelry should be removed while training.
4. Please wait for your class in the designated area.
5. Students will only be allowed to use their own equipment.
6. All children on the upper viewing area must be supervised by an adult.

N.K.S. 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