



THORNHILL

CONCORD

NORTH YORK

1600 Steeles Ave W., Unit 17, Concord, ON, L4K 4M2

☎ 416.999.9345 ✉ welcome@nksthornhill.com

BEGINNER STUDENT SCHEDULE

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
7 and Under White Belt		4:30-5:00pm		4:30-5:00pm		9:00-9:30am	9:00-9:30am
8-13 yrs Whit Belt	6:20-7:00pm		6:20-7:00pm			11:20-12:00pm	11:20-12:00pm
Teens/Adult White Belt		10:00-11:00am 7:00-7:45pm	8:40-9:30pm Workout Gear	10:00-11:00am 7:00-7:45pm			12:00-12:45pm
Combat			9:30-10:30am			1:00-2:00pm	12:45-1:45pm

NOTES:

When you are a member of our school, you can train as many times per week as you'd like and even change it from week to week.

www.nksthornhill.com