

NORTHERN KARATE

thornhill - north york - concord

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MON	TUES	WED	THURS	FRI	SAT	SUN
10:00-11:00am All Belts Adult	4:30-5:00pm White and White Adv Belt 7 and under	10:00-11:00am Combat Conditioning  Adult	4:30-5:00pm White and White Adv Belt 7 and under	10:00-11:00am All Belts Adult	9:00-9:30am White and White Adv Belt 7 and under	9:00-9:30am White and White Adv Belt 7 and under
4:30-5:00pm Orange and Orange Adv Belt 7 and under	5:00-5:30pm Yellow and Yellow Adv Belt 7 and under	4:30-5:00pm Orange and Orange Adv Belt 7 and under	5:00-5:30pm Yellow and Yellow Adv Belt 7 and under	4:30-5:00pm Yellow and Yellow Adv Belt 7 and under	9:30-10:00am Yellow and Yellow Adv Belt 7 and under	9:30-10:00am Orange and Orange Adv Belt 7 and under
5:00-5:40pm Green to Blue Adv Belt 8 and Under	5:30-6:10pm Purple to Brown Belt 9 to 12 yrs	5:00-5:40pm Green to Blue Adv Belt 8 and Under	5:30-6:10pm Purple to Brown Belt 9 to 12 yrs	5:00-5:30pm Orange and Orange Adv Belt 7 and under	10:00-10:40am Green to Blue Adv Belt 8 and Under	10:00-10:40am Purple to Brown Belt 12 and Under
5:40-6:20pm Purple to Brown Belt 8 and Under	6:10-7:00pm Brown Adv and Black Belt+ 12 and under	5:40-6:20pm Purple to Brown Belt 8 and Under	6:10-7:00pm Brown Adv and Black Belt+ 12 and under	5:30-6:10pm Green to Brown Adv Belt Fusion  8 and Under	10:40-11:20am Orange to Blue Adv Belt Teen and Adult	10:40-11:20am Orange to Blue Adv Belt 8 to 12 yrs
6:20-7:00pm White and Yellow Belt 8 to 12 yrs	7:00-7:45pm White and Yellow Belt Teen and Adult	6:20-7:00pm White and Yellow Belt 8 to 12 yrs	7:00-7:45pm White and Yellow Belt Teen and Adult	6:10-6:50pm Orange to Brown Adv Belt Fusion  9 to 12 yrs	11:20-12:00pm White and Yellow Belt 8 to 12 yrs	11:20-12:00pm White and Yellow Belt 8 to 12 yrs
7:00-7:40pm Orange to Blue Adv Belt 8 to 12 yrs	7:45-8:30pm Orange to Blue Adv Belt Teen and Adult	7:00-7:40pm Orange to Blue Adv Belt 8 to 12 yrs	7:45-8:30pm Purple to Brown Belt Teen and Adult	6:50-7:50pm Brown Adv and Black Belt Prep All Ages	12:00-1:00pm Black Belt+ All Ages	12:00-12:45pm White and Yellow Belt, Brown Adv Belt Teen and Adult
7:40-8:30pm Orange to Blue Adv Belt Teen and Adult	8:30-9:10pm Shodan to Sandan Kata/Kobudo 9:10-9:40pm Yondan to Godan Kata/Kobudo	7:40-8:40pm Combat Conditioning  Teen and Adult	8:30-9:15pm Black Belt+ 9:15-9:30pm Black Belt+ Extension Teen and Adult	7:50-8:50pm Black Belt+ All Ages	1:00-2:00pm Combat Conditioning  Teen and Adult	12:45-1:45pm Combat Conditioning  Teen and Adult
8:30-9:20pm Purple to Brown Belt Teen and Adult	or 8:30-9:30pm Black Belt+ Teen and Adult	8:40-9:30pm White to Black Belt Fusion  Teen and Adult		Birthday Parties Available. Saturday and Sunday from 3:30-5:00. Ask Staff for more Details	2:00-2:45pm Brown Adv Belt Teen and Adult	1:45-2:30pm Purple to Brown Belt Teen and Adult

SCHEDULE EFFECTIVE JANUARY 1, 2025



Wear Workout Clothing



Wear Workout Gear, bring MMA Gear