


# NORTHERN KARATE

thornhill - north york - concord

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**MON TUES WED THURS FRI SAT SUN**

10:00-11:00am  
All Belts  
Adult

9:30-10:30am  
Combat  
Conditioning 

10:00-11:00am  
All Belts  
Adult

**SCHEDULE EFFECTIVE JANUARY 1, 2025**

4:30-5:00pm  
Orange and  
Orange Adv Belt  
7 and under

4:30-5:00pm  
White and  
White Adv Belt  
7 and under

4:30-5:00pm  
Orange and  
Orange Adv Belt  
7 and under

4:30-5:00pm  
White and  
White Adv Belt  
7 and under

4:30-5:00pm  
Yellow and  
Yellow Adv Belt  
7 and under

9:00-9:30am  
White and  
White Adv Belt  
7 and under

9:00-9:30am  
White and  
White Adv Belt  
7 and under

5:00-5:40pm  
Green to  
Blue Adv Belt  
8 and Under

5:00-5:30pm  
Yellow and  
Yellow Adv Belt  
7 and under

5:00-5:40pm  
Green to  
Blue Adv Belt  
8 and Under

5:00-5:30pm  
Yellow and  
Yellow Adv Belt  
7 and under

5:00-5:30pm  
Orange and  
Orange 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

5:40-6:20pm  
Purple to  
Brown Belt  
8 and Under

5:30-6:10pm  
Purple to  
Brown Belt  
9 to 12 yrs

5:40-6:20pm  
Purple to  
Brown Belt  
8 and Under

5:30-6:10pm  
Purple to  
Brown Belt  
9 to 12 yrs

5:30-6:10pm  
Green to  
Brown Adv Belt  
Fusion   
8 and Under

10:00-10:40am  
Orange to  
Blue Adv Belt  
8 and Under


10:00-10:40am  
Purple to  
Brown Belt  
12 and Under

6:20-7:00pm  
White and  
Yellow Belt  
8 to 12 yrs

6:10-7:00pm  
Brown Adv and  
Black Belt+  
12 and under

6:20-7:00pm  
White and  
Yellow Belt  
8 to 12 yrs

6:10-7:00pm  
Brown Adv and  
Black Belt+  
12 and under

6:10-6:50pm  
Orange to  
Brown Adv Belt  
Fusion   
9 to 12 yrs

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

7:00-7:40pm  
Orange to  
Blue Adv Belt  
8 to 12 yrs

7:00-7:45pm  
White and  
Yellow Belt  
Teen and Adult

7:00-7:40pm  
Orange to  
Blue Adv Belt  
8 to 12 yrs

7:00-7:45pm  
White and  
Yellow Belt  
Teen and Adult


6:50-7:40pm  
Brown Adv Belt  
All Ages

11:20-12:00pm  
White and  
Yellow Belt  
8 to 12 yrs

11:20-12:00pm  
White and  
Yellow Belt  
8 to 12 yrs

7:40-8:30pm  
Orange to  
Blue Adv Belt  
Teen and Adult

7:45-8:30pm  
Orange to  
Blue Adv Belt  
Teen and Adult

7:40-8:40pm  
Combat  
Conditioning   
Teen and Adult

7:45-8:30pm  
Purple to  
Brown Belt  
Teen and Adult


7:40-8:10pm  
Black Belt  
Prep Class  
All Ages

12:00-1:00pm  
Black Belt+  
All Ages

12:00-12:45pm  
White and  
Yellow Belt,  
Brown Adv Belt  
Teen and Adult


8:30-9:20pm  
Purple to  
Brown Belt  
Teen and Adult


8:30-9:10pm  
Shodan to Sandan  
Kata/Kobudo  
9:10-9:40pm  
Yondan to Godan  
Kata/Kobudo  
or  
8:30-9:30pm  
Black Belt+  
Teen and Adult

8:40-9:30pm  
White to  
Black Belt  
Fusion   
Teen and Adult

8:30-9:15pm  
Black Belt+  
9:15-9:30pm  
Black Belt+  
Extension  
Teen and Adult

8:10-9:10pm  
Black Belt+  
All Ages

1:00-2:00pm  
Combat  
Conditioning   
Teen and Adult

12:45-1:45pm  
Combat  
Conditioning   
Teen and Adult

2:00-2:45pm  
Brown Adv Belt  
Teen and Adult

1:45-2:30pm  
Purple to  
Brown Belt  
Teen and Adult



Wear Workout Clothing



Wear Workout Gear, bring MMA Gear