## NORTHERN KARATE

THORNHILL—NORTH YORK—CONCORD

1600 Steeles Ave W, Unit 17, Concord, ON, L4K 4M2 📞 416.999.9345 🛛 🔀 thornhill@northernkarate.com

SUNDAY

9:00-9:30am

White Belts

7 and Under

9:30-10:00am

Yellow Belts

8 and Under

10:00-10:40am Orange-Blue Adv

Belts

8 and Under

10:40-11:20am White-Yellow Belts

8 to 13 yrs

11:20-12:00pm

Orange-Blue Adv Belts

9 to 13 vrs

12:00-12:45pm

White-Yellow Belts Teen/Adult

12:45-1:30pm

**Brown Adv Belts** 

All Ages

1:30-2:30pm

Teen/Adult

2:30-3:15pm

Purple-Brown Belts

Combat

Conditioning

MONDAY **THURSDAY** FRIDAY SATURDAY 10:00-11:00am 10:00-11:00am 4:30-5:00pm 4:30-5:00pm 10:00-11:00am 9:00-9:30am All Belts White Belts Combat White Belts All Belts White Belts Conditioning Adult 7 and Under 7 and Under Adult 7 and Under Adult 9:30-10:00am 5:00-5:30pm 4:30-5:10pm 5:00-5:30pm 4:30-5:10pm 4:30-5:10pm Orange-Blue Adv Belts Orange—Blue Adv Yellow Belts Yellow Belts Yellow Belts **Purple-Brown Belts Karate Fusion** Belts 8 and Under 8 and Under 8 and Under 10 and Under 8 and Under 8 and Under 10:00-10:40am 5:10-5:50pm 5:30-6:10pm 5:10-5:50pm 5:30-6:10pm 5:10-5:50pm Orange-Blue Adv Purple-Brown Belts Purple-Brown Belts Yellow Belts **Purple-Brown Belts Purple-Brown Belts** Karate Fusion ( Belts 10 and Under 8 to 13 yrs 10 and Under 11 to 13 yrs 8 and Under 13 and Under 10:40-11:20am 5:50-6:30pm 6:10-6:50pm 5:50-6:30pm 6:10-6:50pm 5:50-6:30pm Orange-Blue Adv Belts White Belts Black Belts + White Belts **Brown Adv Belts** White-Yellow Belts Karate Fusion 🕢 13 and Under 13 and Under 8 to 13 yrs 8 to 13 yrs 8 to 13 yrs 9 to 13 vrs 6:50-7:30pm 11:20-12:00pm 6:30-7:15pm 6:30-7:10pm 6:50-7:30pm 6:30-7:15pm Orange-Blue Adv Brown Adv Belts Orange-Blue Adv Black Belts+ Yellow Belts **Brown Adv Belts** Karate Fusion Y **Karate Fusion Belts Belts** 8 to 13 yrs All Ages Teen/Adult 13 and Under 9 to 13 yrs 13 and Under 7:15-8:00pm 7:10-7:50pm 7:15-8:15pm 7:30-8:15pm 7:30-8:15pm 12:00-1:00pm Orange-Blue Adv White-Yellow Belts White-Yellow Belts Purple-Brown Belts Black Belts + Black Belts + **Belts** Teen/Adult Teen/Adult 11 to Adult All Ages All Ages 9 to 13 yrs 8:00-8:45pm 8:15-9:15pm 7:50-8:45pm 8:15-9:15pm 8:15-9:00pm 1:00-2:00pm Orange-Blue Adv Orange-Blue Adv Combat Combat Black Belts+ Black Belts+ Conditioning Conditioning Belts Belts Teen/Adult Teen/Adult Teen/Adult Teen/Adult Teen/Adult Teen/Adult 8:45-9:30pm 8:45-9:30pm 9:15-10:15pm 9:00-9:45pm 9:15-10:15pm 2:00-3:00pm Orange-Brown Adv Belts **Brown Adv Belts** Combat Veritas® Combat Veritas® Purple-Brown Belts Combat Veritas®

Teen/Adult

Teen/Adult

**Karate Fusion** 

Teen/Adult

Teen/Adult 11 to Adult **Birthday Parties Available.** Saturday and Sunday from 3:30-5:00. See Staff for more Details

www.nksthornhill.com

Teen/Adult

Schedule Effective April 1, 2023.

Teen/Adult