














NORTHERN KARATE

THORNHILL—NORTH YORK—CONCORD

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MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
10:00-11:00am All Belts Adult	4:30-5:00pm White Belts 7 and Under	10:00-11:00am Combat Conditioning  Adult	4:30-5:00pm White Belts 7 and Under	10:00-11:00am All Belts Adult	9:00-9:30am White Belts 7 and Under	9:00-9:30am White Belts 7 and Under
4:30-5:10pm Purple-Brown Belts 10 and Under	5:00-5:30pm Yellow Belts 8 and Under	4:30-5:10pm Orange-Blue Adv Belts Karate Fusion  8 and Under	5:00-5:30pm Yellow Belts 8 and Under	4:30-5:10pm Orange—Blue Adv Belts 8 and Under	9:30-10:00am Yellow Belts 8 and Under	9:30-10:00am Yellow Belts 8 and Under
5:10-5:50pm Yellow Belts 8 to 13 yrs	5:30-6:10pm Orange-Blue Adv Belts 8 and Under	5:10-5:50pm Purple-Brown Belts 10 and Under	5:30-6:10pm Purple-Brown Belts 11 to 13 yrs	5:10-5:50pm Purple-Brown Belts Karate Fusion  13 and Under	10:00-10:40am Purple-Brown Belts 10 and Under	10:00-10:40am Orange-Blue Adv Belts 8 and Under
5:50-6:30pm White Belts 8 to 13 yrs	6:10-6:50pm Black Belts + 13 and Under	5:50-6:30pm White Belts 8 to 13 yrs	6:10-6:50pm Brown Adv Belts 13 and Under	5:50-6:30pm Orange-Blue Adv Belts Karate Fusion  9 to 13 yrs	10:40-11:20am White-Yellow Belts 8 to 13 yrs	10:40-11:20am White-Yellow Belts 8 to 13 yrs
6:30-7:15pm Brown Adv Belts Karate Fusion  13 and Under	6:50-7:30pm Orange-Blue Adv Belts 9 to 13 yrs	6:30-7:10pm Yellow Belts 8 to 13 yrs	6:50-7:30pm Black Belts+ Karate Fusion  13 and Under	6:30-7:15pm Brown Adv Belts All Ages	11:20-12:00pm Orange-Blue Adv Belts Teen/Adult	11:20-12:00pm Orange-Blue Adv Belts 9 to 13 yrs
7:15-8:00pm Purple-Brown Belts 11 to Adult	7:30-8:15pm White-Yellow Belts Teen/Adult	7:10-7:50pm Orange-Blue Adv Belts 9 to 13 yrs	7:30-8:15pm White-Yellow Belts Teen/Adult	7:15-8:00pm Shodan Level All Ages	12:00-1:00pm Black Belts + All Ages	12:00-12:45pm White-Yellow Belts Teen/Adult
8:00-8:45pm Orange-Blue Adv Belts Teen/Adult	8:15-9:15pm Black Belts+ Teen/Adult	7:50-8:45pm Combat Conditioning  Teen/Adult	8:15-9:15pm Black Belts+ Teen/Adult	8:00-8:45pm Nidan/Sandan/ Yondan Levels All Ages	1:00-2:00pm Combat Conditioning  Teen/Adult	12:45-1:30pm Brown Adv Belts All Ages
8:45-9:30pm Brown Adv Belts Teen/Adult	9:15-10:15pm Combat Veritas®  Teen/Adult	8:45-9:30pm Orange-Brown Adv Belts Karate Fusion  Teen/Adult	9:15-10:15pm Combat Veritas®  Teen/Adult	8:45-9:30pm Purple-Brown Belts Teen/Adult	2:00-3:00pm Combat Veritas®  Teen/Adult	1:30-2:30pm Combat Conditioning  Teen/Adult
						2:30-3:15pm Purple-Brown Belts 11 to Adult

www.nksthornhill.com

Schedule Effective March 1, 2023.

Birthday Parties Available.
 Saturday and Sunday from 3:30-5:00.
 See Staff for more Details