

EFFECTIVE: July 1st 2025

NORTHERN KARATE SCHOOLS - STEELES WEST

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Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
12:00 - 12:45 Adult / Teen All Belts Masters cont'd to 1:00		12:00 - 12:45 Adult / Teen All Belts Masters cont'd to 1:00		12:00 - 12:45 Adult / Teen All Belts Masters cont'd to 1:00	9:00 - 10:00 Striking Class	
4:30 - 5:10 Junior Pre-Masters and Masters	4:30 - 5:00 Children Novice / White	4:30 - 5:10 Junior Pre-Masters and Masters	4:30 - 5:00 Children Novice / White	4:30 - 5:10 Children BBM	10:00 - 10:30 Children Novice / White	
5:10 - 5:40 Children Novice / White	5:00 - 5:40 Children BBM Yellow / Orange	5:10 - 5:40 Children Novice / White	5:00 - 5:40 Children BBM Yellow / Orange	5:10 - 5:50 Junior Pre-Masters and Masters	10:30 - 11:10 Children All BBM	
5:40 - 6:20 Children BBM Yellow / Orange	5:40 - 6:20 Children BBM / Pre-Masters	5:40 - 6:20 Children BBM Yellow / Orange	5:40 - 6:20 Children BBM / Pre-Masters	5:50 - 6:20 Children Novice / White	11:10 - 11:50 Junior Pre-Masters and Masters	
6:20 - 7:00 Children BBM Green to Adv. Blue	Adv. Blue Purple / Adv. Purple	6:20 - 7:00 Children BBM Green to Adv. Blue	Adv. Blue Purple / Adv. Purple	6:20 - 7:00 Adult / Teen Novice + BBM Pre-Masters	11:50 - 12:30 Black Belt	
7:00 - 7:40 Adult / Teen Novice + BBM Pre-Masters	6:20 - 7:00 Jr. Masters	7:00 - 7:40 Adult / Teen Novice + BBM Pre-Masters	6:20 - 7:00 Jr. Masters	7:00 - 7:40 Adult / Teen Brown + Adv. Brown and Black Belt	12:30 - 1:10 Adult / Teen All Belts	
7:40 - 8:25 Adult / Teen Brown + Adv. Brown and Black Belt	Brown / Adv. Brown	7:00 - 7:40 Adult / Teen Novice + BBM Pre-Masters	Brown / Adv. Brown	7:40 - 8:25 Adult / Teen Purple + Adv. Purple Brown + Adv. Brown		
	7:00 - 7:40 Adult / Teen Novice + BBM		7:00 - 7:40 Adult / Teen Novice + BBM	7:40 - 8:25 Adult / Teen Purple + Adv. Purple Brown + Adv. Brown		
	8:25 - 9:10 Black Belt	8:25 - 9:10 Cardio Combat Class	8:25 - 9:10 Black Belt			

BASIC RULES and ETIQUETTE:

1. Remove your shoes upon entering the school and place them in storage units.
2. Keep uniforms neat, clean, odour-free and in good repair.
3. For safety purposes, all jewelry should be removed while training.
4. Please wait quietly upstairs for your class.
5. Students will only be allowed to use their own equipment.
6. All children on the upper viewing area must be supervised by an adult.

N.K.S. Student Creed

I promise to become the best possible person I can be.
With honesty in my heart, confidence in my mind and strength in my body
I will achieve excellence and share it with others

What is your goal? Black Belt Excellence

What is your quest? Personal Best