



Kanata Karate Class Schedule

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 Effective Jan. 4th, 2010



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
		10:30am-11:00am Dragons (3-5)			9:00am-9:45 Little dragons	
					9:00am – 10:00am Little Ninja's (5-7)	
12:00pm – 1:00pm Adult Karate (all Belts)		12:00pm – 1:00pm Adult Karate (all Belts)			10:00am – 11:00am Youth Karate (8-13) (all Belts)	
4:30pm – 5:15pm Little Ninja's (5-7)				4:45pm – 5:15pm Little Dragon's (3-5)		1:00pm – 3:00pm BBM Competitive Sparring
5:15pm – 6:00pm Youth Beginner Karate (8-13)	5:30pm – 6:15pm Youth Beginner Karate (8-13)	5:30pm – 6:15pm Little Ninja's (5-7)	5:30pm – 6:15pm Youth Beginner Karate (8-13)	5:15pm – 6:00pm Little Ninja's (5-7)	1:00pm – 2:00pm Kata All Ages	
6:00pm – 7:00pm Black Belt Class All Ages	6:15 – 7:00pm Youth Int./Adv. Karate (8-13)	6:15pm – 7:00pm Youth Int./Adv. Karate (8-13)	6:15pm – 7:30pm BBM Youth Sparring (8-13)	6:00pm – 7:00pm BBM Youth Self Defense (8-13)	2:00pm – 3:00pm Adult Beginner Karate (14+)	
					3:00pm – 4:00pm Adult Int./Adv. Karate (14+)	
8:00pm – 9:00pm Competitive Weapons BBM		8:00pm – 9:00pm Competitive Kata BBM	8:30pm – 10:00pm BBM Adult Sparring (14+)	8:00pm – 9:00pm Adult Beginner Karate (14+)		
9:00pm – 10:00pm Adult All Belts (14+)	9:00pm – 10:00pm BBM Adult Self Defense (14+)	9:00pm – 10:00pm Adult Int./Adv. Karate (14+)				

Note: Class schedule changes min. of 3 times per year.

Basic Training (White to Green Stripe) Int./Adv Training (Green and Above)

Hours of Operation:

Monday – Thursday 10am – 10:00pm; Friday 3pm – 10:00pm; Saturday 9:00am - 4:00pm; Sunday 2:00pm – 4:00pm

Check us out at - www.ottawakarate.com