

# MONTREAL KANREIKAI KARATE

## CLASS SCHEDULE – in effect on January 3, 2019

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
17h30-18h30 <b>BEGINNER</b> 7 years & up <b>TRIAL CLASS</b> available*		17h30-18h30 <b>INITIATION TO KARATE</b> 4-6 years old <b>TRIAL CLASS</b> available*	17h30-18h30 <b>BEGINNER</b> 7 years & up <b>TRIAL CLASS</b> available*	17h30-18h30 <b>INTERMED.</b>	9h00-10h00 <b>INITIATION TO KARATE</b> 4-6 years old <b>TRIAL CLASS</b> available*	<b>NEW!</b> 9h00-10h00 <b>BEGINNER</b> 6 & 7 years <b>TRIAL CLASS</b> available*
18h30-19h30 <b>ADVANCED</b>	18h30-19h30 <b>INTERMED.</b>	18h30-19h30 <b>BEGINNER</b> 7 years & up <b>TRIAL CLASS</b> available*	18h30-19h30 <b>INTERMED.</b>	18h30-20h00 <b>COMPETITION</b> 6 to 12 years <b>EXTRA CLASS</b> Upon invitation	10h00-11h00 <b>BEGINNER</b> 7 years & up <b>TRIAL CLASS</b> available*	10h00-11h00 <b>BEGINNER</b> 7 years & up <b>TRIAL CLASS</b> available*
19h30-20h30 <b>ALL LEVELS</b> <b>CARDIO FIGHTING</b> 13 years & up <b>TRIAL CLASS</b> available*	19h30-20h30 <b>ADVANCED WEAPONS</b>	19h30-20h30 <b>ADVANCED KATA</b>	19h30-20h30 <b>ALL LEVELS</b> <b>CARDIO FIGHTING</b> 13 years & up <b>TRIAL CLASS</b> available*		11h00-12h00 <b>INTERMED.</b>	
					12h00-13h00 <b>ADVANCED KATA</b>	
					13h00-15h00 <b>COMPETITION</b> 13 years & up <b>EXTRA CLASS</b> Upon invitation	

**\*TRIAL CLASS AVAILABLE:** New students who own a **3-TRIAL CLASS PASSPORT** can attend this class.

**EXTRA CLASSES UPON INVITATION** – in addition to your choice of classes:

- **COMPETITION** - KATA & FIGHTING – 6-12 years old: FRIDAY - 18h30 to 20h00
- **COMPETITION** - CARDIO & FIGHTING - 13 years old & up: SATURDAY - 13h00 to 15h00

**INITIATION TO KARATE** (4 to 6 years old): White Belt

**BEGINNER** LEVEL: White Belt to Blue Belt

**INTERMEDIATE** LEVEL: Yellow Tip to Green Tip

**ADVANCED** LEVEL: Green Belt to Black Belt

Please note that classes could be cancelled due to holidays, special events, tournaments or belt promotion tests. In such an eventuality, our students and members will be notified by email.