

# MONTREAL KANREIKAI KARATE

## CLASS SCHEDULE – in effect on June 25, 2019

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
17h30-18h30 <b>BEGINNER</b> 8 years & up <b>TRIAL CLASS</b> available*		17h30-18h30 <b>BEGINNER</b> 6 & 7 years <b>TRIAL CLASS</b> available*	17h30-18h30 <b>BEGINNER</b> 8 years & up <b>TRIAL CLASS</b> available*		9h00-10h00 <b>INITIATION TO KARATE</b> 4 & 5 years <b>TRIAL CLASS</b> available*	9h00-10h00 <b>BEGINNER</b> 6 & 7 years <b>TRIAL CLASS</b> available*
18h30-19h30 <b>ADVANCED FIGHTING</b>	18h30-19h30 <b>INTERMED.</b>	18h30-19h30 <b>BEGINNER</b> 8 years & up <b>TRIAL CLASS</b> available*	18h30-19h30 <b>INTERMED.</b>		10h00-11h00 <b>BEGINNER</b> 8 years & up <b>TRIAL CLASS</b> available*	10h00-11h00 <b>BEGINNER</b> 8 years & up <b>TRIAL CLASS</b> available*
19h30-20h30 <b>ALL LEVELS</b> CARDIO FIGHTING 13 years & up		19h30-20h30 <b>ADVANCED</b> KATA & WEAPON KATA	19h30-20h30 <b>ALL LEVELS</b> CARDIO FIGHTING 13 years & up		11h00-12h00 <b>INTERMED.</b>	
					12h00-13h00 <b>ADVANCED</b> KATA & WEAPON KATA	
					13h00-15h00 <b>COMPETITION</b> 13 years & up EXTRA CLASS 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** - CARDIO & FIGHTING - 13 years old & up: SATURDAY - 13h00 to 15h00

**INITIATION TO KARATE** - 4 & 5 years: White Belt  
**BEGINNER** LEVEL – 6 & 7 years: White Belt to Blue Belt  
**BEGINNER** LEVEL – 8 years & up: 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.