

MONTREAL KANREIKAI KARATE

CLASS SCHEDULE – in effect on September 3, 2019

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
17h30-18h30 BEGINNER 8 years & up TRIAL CLASS available*		17h30-18h30 BEGINNER 6 & 7 years TRIAL CLASS available*	17h30-18h30 BEGINNER 8 years & up TRIAL CLASS available*		9h00-9h45 INITIATION TO KARATE 4 & 5 years TRIAL CLASS available*	9h00-10h00 BEGINNER 6 & 7 years TRIAL CLASS available*
18h30-19h30 INTERMED.	18h30-19h30 INTERMED.	18h30-19h30 BEGINNER 8 years & up TRIAL CLASS available*	18h30-19h30 INTERMED.	18h30-19h30 COMPETITION 7 to 11 years EXTRA CLASS Upon invitation	10h00-11h00 BEGINNER 8 years & up TRIAL CLASS available*	10h00-11h00 BEGINNER 8 years & up TRIAL CLASS available*
19h30-20h30 ALL LEVELS CARDIO FIGHTING 13 years & up	19h30-20h30 ADVANCED-2 KIHON KATA WEAPONS etc.	19h30-20h30 ADVANCED KIHON KATA WEAPONS	19h30-20h30 ALL LEVELS CARDIO FIGHTING 13 years & up	19h30-20h30 COMPETITION 12 to 16 years EXTRA CLASS Upon invitation	11h00-12h00 INTERMED.	
					12h00-13h00 ADVANCED KIHON KATA WEAPONS	
					13h00-15h00 CARDIO FIGHTING 13 years & up EXTRA CLASS Upon invitation	

Please, select your classes according to your type of membership, age and belt level

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

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 / **ADVANCED-2:** Brown Belt to Black Belt

EXTRA CLASSES UPON INVITATION (not included in your choice of classes):

- **COMPETITION (KATA & FIGHTING) – 7 to 11 years old:** FRIDAY - 18h30 to 19h30
- **COMPETITION (KATA & FIGHTING) – 12 to 16 years old:** FRIDAY - 19h30 to 20h30
- **CARDIO & FIGHTING - 13 years old & up:** SATURDAY - 13h00 to 15h00

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.