

MONTREAL KANREIKAI KARATE

CLASS SCHEDULE – As of May 3, 2021

VIRTUAL PLATFORM

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
10h00-10h45 <u>BEGINNER</u>	16h45-17h30 <u>PRIVATE</u> <u>SEMI-PRIVATE</u>		16h45-17h30 <u>PRIVATE</u> <u>SEMI-PRIVATE</u>	16h45-17h30 <u>PRIVATE</u> <u>SEMI-PRIVATE</u>	17h00-17h45 <u>PRIVATE</u> <u>SEMI-PRIVATE</u>	9h15-9h45 <u>INTRODUCTION</u> <u>TO KARATE</u> 4 & 5 years + Newcomers 6 & 7 years
11h00-11h45 <u>INTERMEDIATE</u>	17h45-18h30 <u>PRIVATE</u> <u>SEMI-PRIVATE</u>		17h45-18h30 <u>BEGINNER</u>	17h45-18h30 <u>INTERMEDIATE</u>	17h50-18h35 <u>PRIVATE</u> <u>SEMI-PRIVATE</u>	10h00-10h45 <u>BEGINNER</u>
	18h45-19h30 <u>KICKFIT</u> 13 years & up		18h45-19h30 <u>ADVANCED</u>	18h45-19h30 <u>BEGINNER</u>		11h00-11h45 <u>ADVANCED</u>

- Introduction to Karate – Students aged 4 and 5 plus newcomers aged 6 and 7
- Beginner Level – White Belt to Blue Belt
- Intermediate Level – Yellow Tip to Green Tip
- Advanced Level – Green Belt and up
- KickFit – Cardio Fitness Training for 13 years old and up
- Private and semi-private (family) classes – Booklets of 1, 3 or 5 classes – In extra