

# MONTREAL KANREIKAI KARATE

## CLASS SCHEDULE – In effect on January 10, 2022

### Pierrefonds Dojo

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
9h00-9h45 <u>JUNIOR</u>	16h00-16h45 <u>PRIVATE</u> <u>SEMI-PRIVATE</u>		16h00-16h45 <u>PRIVATE</u> <u>SEMI-PRIVATE</u>	16h00-16h45 <u>PRIVATE</u> <u>SEMI-PRIVATE</u>	16h00-16h45 <u>PRIVATE</u> <u>SEMI-PRIVATE</u>	9h15-9h45 <u>INTRODUCTION</u> <u>TO KARATE</u>
10h00-10h45 <u>BEGINNER</u>			17h15-17h45 <u>INTRODUCTION</u> <u>TO KARATE</u>	17h00-17h45 <u>JUNIOR</u>	17h00-17h45 <u>PRIVATE</u> <u>SEMI-PRIVATE</u>	10h00-10h45 <u>BEGINNER</u>
11h00-11h45 <u>INTERMEDIATE</u>	18h00-18h45 <u>BEGINNER</u>	18h00-18h45 <u>INTERMEDIATE</u>	18h00-18h45 <u>BEGINNER</u>	18h00-18h45 <u>INTERMEDIATE</u>	18h00-18h45 <u>BEGINNER</u>	11h00-11h45 <u>INTERMEDIATE</u>
	19h00-19h45 <u>INTERMEDIATE</u>	19h00-19h45 <u>ADVANCED</u>	19h00-19h45 <u>ADVANCED</u>	19h00-19h45 <u>BEGINNER</u>		12h00-12h45 <u>ADVANCED</u>
	20h00-20h45 <u>KICKFIT 13+</u>			20h00-20h45 <u>KICKFIT 13+</u>		13h00-14h00 SPARRING 15+

- **INTRODUCTION TO KARATE** – Students aged 4 and 5 – accompanied by a parent – 30 minutes
- **JUNIOR** – Students 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 13+** – Cardio Training for 13 years old and up
- **SPARRING 15+** - Cardio-Fighting Training for 15 years old and up
- **PRIVATE / SEMI-PRIVATE CLASSES** – Booklets of 1, 3 or 5 classes – Extra Fee