

# MONTREAL KANREIKAI KARATE

## CLASS SCHEDULE - In effect on January 7, 2023 - 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>
10h00-10h50 <u>BEGINNER</u>			17h15-17h45 <u>INTRODUCTION</u> <u>TO KARATE</u>	17h00-17h45 <u>JUNIOR</u>		10h00-10h50 <u>BEGINNER</u>
11h00-11h50 <u>INTERMEDIATE</u>	18h00-18h50 <u>BEGINNER</u>	18h00-18h50 <u>INTERMEDIATE</u>	18h00-18h50 <u>BEGINNER</u>	18h00-18h50 <u>INTERMEDIATE</u>	18h00-19h00 <u>COMPETITION</u> 8-12 years old Upon invitation	11h00-11h50 <u>INTERMEDIATE</u>
	20h00-20h50 <u>KICKFIT 13+</u>	19h00-19h50 <u>ADVANCED</u>	19h00-19h50 <u>ADVANCED</u>	19h00-19h50 <u>BEGINNER</u>	18h00-19h00 <u>COMPETITION</u> 13-16 years old Upon invitation	12h00-12h50 <u>ADVANCED</u>
				20h00-20h50 <u>KICKFIT 13+</u>		13h00-14h30 <u>SPARRING</u> 17 and up Upon invitation

- **INTRODUCTION TO KARATE** - Students aged 4 and 5 - accompanied by a parent - 30-minute class
- **JUNIOR** - Students aged 6 and 7 - 45-minute class
- **BEGINNER LEVEL** - White Belt to Blue Belt - 50-minute class
- **INTERMEDIATE LEVEL** - Yellow Tip to Green Tip - 50-minute class
- **ADVANCED LEVEL** - Green Belt and up - 50-minute class
- **KICKFIT 13+** - Cardio Training for 13 years old and up - 50-minute class
- **COMPETITION** - 8 to 16 years old - Upon invitation - 60-minute training
- **SPARRING** - 17 years old and up - Upon invitation - 90-minute training
- **PRIVATE / SEMI-PRIVATE CLASSES** - Booklets of 1, 3 or 5 classes - Extra Fee