

CLASS SCHEDULE - MONTREAL KANREIKAI KARATE

As of Monday, August 28, 2023

Time	Monday	Tuesday	Wednesday	Thursday	Friday
16h00	Private Class	Private Class	Private Class	Private Class	Private Class
17h00			Introduction - 17h15	Junior	Beginner
18h00	Beginner	Intermediate-1	Beginner	Intermediate-2	8-12 Team (60 min)
19h00	Intermediate-2	Advanced	Advanced	Intermediate-1	13+ Team (90 min)
20h00	KickFit - 13+		*Beg / Interm-1 - 15+	KickFit - 13+	

Time	Saturday	Sunday
09h15	Introduction	Junior - 9h00
10h00	Beginner	Beginner
11h00	Intermediate-1	Intermediate-2
12h00	Advanced	*Beg / Interm-1 - 15+
13h30	Sparring - 15+	

* : This class will begin when a minimum of 6 students will have shown their interest.

- **INTRODUCTION TO KARATE** - Students aged 4 and 5 - accompanied by a parent - One 30-minute class per week
- **JUNIOR** - Students aged 6 and 7 - Up to two 45-minute classes per week
- **BEGINNER LEVEL** - Students aged 8 and up - White Belt to Blue Tip - Up to two 50-minute classes per week
- **INTERMEDIATE LEVEL-1** - Blue Belt to Yellow Tip - Up to two 50-minute classes per week
- **INTERMEDIATE LEVEL-2** - Yellow Belt to Green Tip - Up to two 50-minute classes per week
- **ADVANCED LEVEL** - Green Belt to Black Belt - Up to two 50-minute classes per week
- **KICKFIT** - Students aged 13 and up - Cardio Training - Up to two 50-minute classes per week - Optional
- **COMPETITION** - Students aged 8 and up - Upon invitation
- **SPARRING** - Students aged 15 and up - Upon invitation