

	CLASS SCHEDULE - MONTREAL KANREIKAI KARATE DOJO			
Time	Monday	Tuesday	Wednesday	Thursday
17:00	Intermediate 1 Intermediate 2		Junior/ 6-7	
18:00	Beginner/ 8+	Intermediate 1	Beginner/ 8+	Intermediate 2
19:00	Fighting Tech/ 15+	Intermediate 2	Advanced - Kata	Intermediate 1
Time	Saturday			
09:00	Junior/ 6-7			
10:00	Beginner/ 8+			
11:00	Intermediate 1 Intermediate 2			
12:00	Advanced - Kata			
13:00	Sparring/ 15+			

- **JUNIOR** - 6-7 years old - Up to two 45-minute classes/ week
- **BEGINNER LEVEL** - 8 years old & over - White belt to Blue tip - Up to two 50-minute classes/ week
- **INTERMEDIATE 1 LEVEL** - Blue belt to Yellow tip - Up to two 50-minute classes/ week
- **INTERMEDIATE 2 LEVEL** - Yellow Belt to Green tip - Up to two 50-minute classes/ week
- **ADVANCED LEVEL - KATA** - Green belt & up - Up to two 50-minute classes/ week
- **FIGHTING TECHNIQUE** - 15 years old & over - White belt and up - Upon invitation
- **SPARRING** - 15 year old & over - Upon invitation