



BARRHAVEN CLASS SCHEDULE

EFFECTIVE: JANUARY 18, 2010

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
					9:15am – 10:00am CLASS ADULTS Black Belts <i>No Gi required</i>
					10:15am – 11:00am Pre-Karate
					11:00am – 11:45am CLASS KIDS All Belts
					11:45am – 12:30pm CLASS Adults All Belts
5:45pm – 6:30pm CLASS KIDS White-Orange Belts	5:45pm – 6:30pm CLASS KIDS Green-Black Belts	5:45pm – 6:30pm CLASS KIDS White-Orange Belts	5:45pm – 6:45pm CLASS KIDS BBM	5:45pm – 6:30pm CLASS KIDS White-Orange Belts	
7:00pm – 7:45pm CLASS ADULTS All Belts	7:00pm – 7:45pm CLASS ADULTS All Belts	6:30pm – 7:15pm CLASS KIDS Green-Black Belts	7:00pm – 7:45pm CLASS ADULTS All Belts	6:30pm – 7:15pm CLASS KIDS Green-Brown Belts	
7:45pm – 8:30pm CLASS ADULTS Master's Program	7:45pm – 8:30pm CLASS ADULTS Master's Program	7:15pm – 8:00pm CLASS ADULTS BBM	7:45pm – 8:30pm CLASS ADULTS Master's Program	7:15pm – 8:00pm CLASS KIDS Masters Program	

All Students are required to wear a full Gi to all classes except for designated classes.
Sparring gear is required for all students Orange belt and higher and should be brought to every class (*except Friday & Saturday*)