

Kanata Dojo COVID-19 Class schedule

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
5:00-5:45 Karate Kids White-Yellow	5:00-5:45 Karate Kids Blue-Black	5:00-5:45 Karate Kids White-Yellow	5:00-5:45 BBM Kids Intermediate Orange-Green	5:00-5:45 Karate Kids White-Orange Green	10:00-10:45 TBT Bag Class
6:00-6:45 Karate Kids Orange-Green	6:00-6:45 Karate Kids Orange-Green	6:00-6:45 Karate Kids Blue-Black	6:00-6:45 BBM Kids Advance Blue-Black	6:00-6:45 Karate Kids Green-Black	11:00-11:45 Karate Kids All Belts
7:00-7:45 Karate Adults All Belts	7:00-7:45 Karate Adults White-Orange	7:00-7:45 Karate Adults Green-Black	7:00-7:45 Karate Adults All Belts	7:00-7:45 Bo class	12:00-12:45 Karate Adults All Belts
8:00-8:45 TBT Bag/Strength	8:00-8:45 Karate Adults BBM	8:00-8:45 TBT Bag	8:00-8:45 TBT Bag/Strength		1:00-1:45 Black Belt Instructors Only

Hours of Operation: Monday to Friday: 5:00pm to 9:00pm
Saturday: 9:00am to 1pm - Sundays: Closed

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