

# SCHEDULE

DOWNSVIEW PARK

Mon	Tue	Wed	Thur	Sat
4:00-4:45pm Private Session	4:00-4:45pm Private Session	4:30-5:00pm Little Kids Karate 4-6yr	4:00-4:45pm Private Session	11:30am-12pm Little Kids Karate 4-6yr
5:15-5:45 pm Little Kids Karate 4-6yr	5-5:45pm Kids Karate Beginner White, Yellow, Orange 7-13yr	5-5:45pm Kids Karate Beginner White, Yellow, Orange 7-13yr	5-5:45pm Kids Karate Beginner White, Yellow, Orange 7-13yr	12-12:45pm Kids Karate Beginner White & Yellow 7-13yr
5:45-6:30pm Kids Karate Beginner White, Yellow, Orange 7-13yr	5:45-6:30pm Kids Karate Intermediate Green, Blue 7-13yr	5:45-6:30pm Kids Karate Intermediate Green, Blue 7-13yr	5:45-6:30pm Kids Karate Inter/Adv Green Belt+ 7-13yr	12:45-1:30pm Kids Karate Inter/Adv Orange Belt+ 7-13yr
6:30-7:15pm Kids Karate All Belt Levels 7-13yr	6:30-7:15pm Kids Karate Advanced Purple, Red, Brown/Adv 7-13yr	6:30-7:15pm Kids Karate All Belt Levels 7-13yr	6:30-7:15pm Kids Kickboxing 10-14yr*	1:30-2:15pm Kids Kickboxing 10-14yr*
7:15-8pm Kids Karate Inter/Adv Green Belt+ 7-13yr	7:15-8pm Kids Kickboxing Kickboxing 10-14yr*	7:15-8pm Kids Karate Advanced Purple, Red, Brown/Adv 7-13yr	7:15-8pm Teen/Adult Karate Kids Kickboxing Adv 10-14yr*	2:15-3pm Teen/Adult Karate Kids Kickboxing Adv 10-14yr*
8-9pm Teen/Adult Kickboxing Beginner conditioning	8-9pm Teen/Adult Kickboxing Intermediate/Advanced	8-9pm Teen/Adult Kickboxing Beginner conditioning	8-9pm Teen/Adult Kickboxing Intermediate/Advanced	3-4pm Teen/Adult Kickboxing All levels

**\*\* Use check-in app for up to date classes \*\***  
[www.theblackbeltinstitute.com/schedule](http://www.theblackbeltinstitute.com/schedule)