

Class Schedule - Kanreikai Karate Joliette

DAY	TIME	CLASS - ROOM 1	CLASS - ROOM 2
MONDAY	17h45	–	Mini-Ninja-1 (3-5 yrs old)
	18h00	Karate - Beginner Level - Kids	–
	19h00	Karate - Intermediate Level - Blue & up	Grappling - Adults (No gi)
	20h00	Karate - All levels - Adults	Mixed Martial Arts (MMA)
TUESDAY	18h00	Grappling with gi (90 min.)	Kickboxing - Women
	19h30	Kickboxing for all	–
	20h30	Sparring: Karate-Kickboxing-MMA-Boxing	–
WEDNESDAY	18h00	Karate - Beginner Level - Kids	Specialization Class
	19h00	Karate - Intermediate Level - Green & up	Competition Team - Grappling (see Shihan)
	20h00	Karate - Advanced level - Kata & Weapon Kata	–
THURSDAY	18h00	Karate - Intermediate Level - Yellow & up	Boxing
	19h00	Karate - Kata (30 min.)	Specialization Class
	19h30	Kickboxing for all	–
FRIDAY	18h00	Grappling - Advanced (see Shihan) (90 min.)	Specialization Class
	19h30	Sparring: Karate-Kickboxing-MMA-Boxing	–
SATURDAY	8h45	Mini-Ninja-1 (3-5 yrs old)	–
	9h20	Mini-Ninja-2 (3-5 yrs old)	–
	10h00	Karate - Beginner Level - Kids	Brazilian Jiu Jitsu - Kids
	11h00	Karate - Intermediate Level - Blue & up	NEW - Initiation to Kudo (Japanese MMA)
	12h00	Karate - Intermediate Level - Orange & up	–
SUNDAY	9h00	–	Karaté - Advanced - Brown & up (1 /month)
	10h00	Boxing - Kids	–
	11h00	Boxing - Kids	–
PRIVATE AND SEMI-PRIVATE CLASSES - DAY OR EVENING - 7 DAYS ON 7			
CHECK AVAILABILITY FROM YOUR INSTRUCTOR			