



# PROMAR KARATE'S FALL SCHEDULE



**\*\*\* Begins on Tuesday, September 9<sup>th</sup> \*\*\***

Our schedule starts with the school year, after Labour Day.

## Monday

6:30 p.m.

Matwork

7:30 p.m.

Intermediate

## Tuesday

6:30 p.m.

Novice

7:30 p.m.

Advanced

Novice:

White Belt to Yellow Belt

Intermediate:

Orange Stripe to Blue Stripe

Advanced:

Blue to Black Belt

Open:

All Belts (ages 7+)

## Wednesday

6:30 p.m.

Novice

7:30 p.m.

Intermediate

## Thursday

6:30 p.m.

Kids' Open

7:30 p.m.

Advanced

## Friday

6:30 p.m.

Open Class

7:30 p.m.

Weapons

***Sparring is going to be incorporated into our regular class schedule.  
Be sure to bring your safety equipment for sparring with you to every class!***

**WE OFFER PRIVATE LESSONS MONDAYS TO FRIDAYS.**

**QUESTIONS OR COMMENTS ABOUT OUR SCHEDULE OR OUR PROGRAMS?  
CALL SHIHAN YATES AT 519-577-7874 OR EMAIL SHIHAN@PROMARKARATE.CA.**