

# **BERNARDO “KARATE” CLASS SCHEDULE – starts Sept. 21/20**

**[www.bernardokarate.com](http://www.bernardokarate.com) - [Dearness School](#)**

Like us on Facebook at Bernardo Karate Dearness

**1106 Dearness Drive - Phone 519-691-0999**

<b>Monday</b>	<b>Tuesday</b>	<b>Wednesday</b>	<b>Thursday</b>	<b>Friday</b>	<b>Saturday</b>
				12:30 – 1:15 Adult	9:00 – 9:30 a.m. White to Orange
					9:40 – 10:10 a.m. Red to Purple
4:30 – 5:00 Little Dragons	4:30 – 5:00 White to Yellow	4:30 – 5:00 Little Dragons	4:30 – 5:05 Purple to Jr. Black	4:30 – 5:00 Little Dragons	10:20 – 10:50 a.m. Blue to Jr. Black
5:10 – 5:40 White to Yellow	5:10 – 5:45 Orange to Green	5:10 – 5:40 White to Orange	5:15 – 5:45 Red to Green	5:10 – 5:40 White to Orange	11:00 – 11:30 a.m. BBM
5:50 – 6:20 Orange to Green	5:55 – 6:30 Purple to Blue	5:50 – 6:20 Blue to Jr. Black	5:55 – 6:35 Adult	5:50 – 6:20 Red to Purple	11:40 – 12:25 p.m. Adult
6:30 – 7:00 Blue to Jr. Black	6:40 - 7:10 Brown to Jr. Black	6:30 – 7:05 Adult			
	7:20 – 8:00 Adult				

- Please review all safety protocols listed on website.
- Remember to come in your uniform if possible. Change rooms are closed, washrooms are open.
- Class sizes are limited so that each student can maintain social distancing of 6 feet.
- In order to maintain social distancing in the lobby, please arrive 5 minutes before your scheduled class.
- Students are encouraged to wear a face mask in the lobby area, then they can place mask in their uniform for class. Students may wear the mask during class if they wish. (Instructors will monitor exertion levels as the masks restrict oxygen intake).