

BERNARDO KARATE “KICKBOXING” SCHEDULE – starts Sept. 21/20

www.bernardokarate.com - [Dearness School](#)

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1106 Dearness Drive - Phone 519-691-0999

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
					12:35 p.m. Kickboxing
			6:45 p.m. Kickboxing	6:30 p.m. Kickboxing	
7:15 p.m. Kickboxing		7:15 p.m. Kickboxing			

Kickboxing Members

- 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).