

2020 Bernardo Karate Stage 2 Schedule

Starts: Monday, November 2nd 1165 Oxford St. East 519-659-2504

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
12:30-1:30 Open Adult		12:30-1:30 Open Adult		12:30-1:30 Open Adult	9:00-9:30 Little Dragons White belts
	4:00-4:45 Open Adult		4:00-4:45 Open Adult		9:40-10:10 Little Dragons Yellow belt & up
4:30-5:00 Little Dragons	5:00 -5:30 Yellow-Red	4:50-5:20 White-Yellow	5:00-5:35 Red-Purple BBM	4:30-5:00 Little Dragons	10:20-10:50 White
5:15-5:45 White	5:35-6:05 Little Dragons Yellow belt and up	5:30-6:00 Little Dragons White belts	5:40-6:10 White	5:15-6:15 Tournament Team 13yrs & under	11:00 – 11:30 Yellow-Orange
6:00-6:30 Yellow-Orange	6:15-6:45 White	6:10-6:40 Orange/Red	6:20-6:50 Yellow-Orange	6:20-7:20 Tournament Team 14yrs & older	11:40-12:10 BBM
6:40-7:20 Red –Jr.BB	6:50-7:25 Green-Jr. BB	6:50-7:25 Green-Jr. BB	7:00-7:30 Blue-Jr.BB BBM		12:15-1:00 Family Class
7:30-8:15 Adult White-Orange	7:30-8:15 Adult Red-Black Belt	7:30-8:15 Open Adult	7:35-8:15 Open Adult/BBM		

Please review all safety protocols listed on our website.

Remember to come in your uniform. Change rooms and showers are closed. Washrooms are open.

Class sizes are limited so students can maintain proper social distancing.

In order to maintain social distancing in the lobby we ask students and members to arrive no earlier than 5 minutes before their scheduled class.

Everyone entering our facility must wear a face mask. Students can remove and place their mask in their uniform for class. Students may also wear their mask during class if they wish (Instructors will monitor exertion levels).

All classes are available on Zoom for students who wish to participate at home.