



905.475.0044

NORTHERN KARATE MARKHAM

JANUARY 2025

	S	M	T	W	T	F	S
				1	2	3	4
				CLOSED FOR CHRISTMAS HOLIDAYS			
	5	6 DOJO RE-OPEN ON REGULAR SCHEDULE	7 BELT TESTING NO REGULAR CLASSES	8 REQUIRED KATA	9 PARTNER STRETCHING	10 REQUIRED KATA	11 GROUND DEFENCE DAY
STRIPE WEEK	12	13 2 ON 1 SPARRING	14 REQUIRED KATA	15 COMBAT FITNESS 7:40 WITH RENSHI BRANDON NO GI	16 REQUIRED KATA	17 BRING A FREIND TO CLASS	18 REQUIRED KATA
	19	20 REQUIRED KATA	21	22 REQUIRED KATA	23	24 REQUIRED KATA	20 th ANNIVERSARY CELEBRATION!
	WORKSHOP WEEK - JUMP KICKS!						
	26	27 BRING A FRIEND TO CLASS!	28 REQUIRED KATA	29 SPARRING, SPARRING, SPARRING	30 REQUIRED KATA	31 TEAM SPARRING	



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