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| October to June 2022-23 Karate Schedule for Sherwood Park Karate-Do  |
| **Tuesdays** |   | **Thursdays** |   | **Sundays** |
| 6:30 p.m. to 7:30p.m.  |   | 6:30 p.m. to 7:30 p.m.  |   | Prior to a grading, I will invite all belts in for extra training  |
| New Horizons School (NHS) GYM |   | **Salisbury United Church** |   | on Sundays. |
| 1000 Strathcona Drive |   | 2 Mission Street |   | 10:00 a.m. to 11 a.m. |
| **Junior Combined Karate Class.**  |   | **Junior Karate KATA Class.**  |   | **Beginner Karate KIDS Class at DANCEFUSION** |
|   |   |   |   |   |
| **Tuesdays** |   | **Thursdays** |   | **Sundays** |
| 7:00 p.m. to 8:30 p.m. |   | 7: 30 p.m. to 9:00 p.m. |   | 10:00 a.m. to NOON |
| New Horizons School GYM |   | **Salisbury United Church** |   | **DANCEFUSION (D/F)** |
| 1000 Strathcona Drive |   | 2 Mission Street |   | 225 - 65 Chippewa Road  |
| **Youth/Adult Class** |   | **Youth/Adult Karate KATA Class** |   | **Green Belts & Up**  |
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| THERE WILL BE NO KARATE CLASSES ON LONG WEEK-ENDS (UNLESS I INDICATE OTHERWISE). |
| For the 2 summer months we will train twice weekly at DANCEFUSION (days and times to be determined) Address: 225 – 65 Chippewa Road |

 Sundays **Green Belt & Up** will be for more advanced kata, kobudo and kihon.