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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** |
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| **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.