



SEPTEMBER 2024

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905.475.0044



	S	M	T	W	T	F	S
	1 CLOSED FOR LONG WEEKEND	2 CLOSED FOR LONG WEEKEND	3 BELT TESTING NO REGULAR CLASSES	4	5 REQUIRED KATA	6 SPARRING ROUNDS	7 REQUIRED KATA
	8	9 REQUIRED KATA	10	11 REQUIRED KATA	12	13 REQUIRED KATA	14 SPARRING TO THE OLDIES!
STRIPE WEEK	15	16 SPAR & SWEAT	17 REQUIRED KATA	18 COMBAT FITNESS 7:40 WITH RENSHI BRANDON NO GI	19 REQUIRED KATA	20	21 REQUIRED KATA
	22	23 REQUIRED KATA	24	25 REQUIRED KATA	26 SPAR A SENSEI	27 REQUIRED KATA	28
	29	30					

NORTHERN KARATE MARKHAM

