



HALIFAX RYUSEIKAN, CHITO-RYU KARATE

CLASS SCHEDULE

September 1st, 2023 to June 30th, 2024

LITTLE DRAGONS Juniors ages 4-7	Mondays	6:00 PM - 6:50 PM	
JUNIORS Juniors ages 8-13	Tuesdays and Thursdays	6:00 PM - 7:00 PM 7:00 PM - 8:00 PM	Group1 Group2
ADULTS	Mondays and Wednesdays	7:00 PM - 8:30 PM	Adults (advanced)
	Tuesdays and Thursdays	8:00 PM - 9:30 PM	Adults (beginner / intermediate)
ATHLETE DEVELOPMENT CLASSES	Fridays (Competition Kumite)	6:30 PM - 8:00 PM	Junior (Sensei recommendation required)
		8:00 PM - 9:30 PM	Senior (adults and juniors trying for provincial team)
	Wednesdays (Competition Kata)	6:00 PM - 6:50 PM	Junior / Adults (Sensei recommendation required - minimum yellow belt)
	Wednesdays (Kumite)	8:30 PM - 9:30 PM	High Performance Athletes
	Sundays (Kumite)	10:00 AM - 12:00 PM	High Performance Athletes

DOJO CLOSURES

**All Holidays and
Dec 23 - Jan 2**