

# ENERGY KARATE

1101 Rutherford Road Units 10 & 11, Thornhill Ontario L4J OE2

[info@energykarate.ca](mailto:info@energykarate.ca)

Sunday	Monday	Tuesday	Wednesday	Thursday	Saturday
Little Dragons 9:00 am - 9:30 am	Juniors Orange to Black 4:15 pm - 4:55 pm	Little Dragons 4:00 pm - 4:30 pm	Juniors Orange to Black 4:15 pm - 4:55 pm	Little Dragons 4:00 pm - 4:30 pm	Little Dragons 9:00 am - 9:30 am
Juniors White & Yellow 9:35 am - 10:05 am	Juniors Purple to Black 5:00 pm - 5:40 pm	Juniors White & Yellow 4:35 pm - 5:05 pm	Juniors Purple to Black 5:00 pm - 5:40 pm	Juniors White & Yellow 4:35 pm - 5:05 pm	Juniors White & Yellow 9:35 am - 10:05 am
Juniors Orange to Black 10:10 am - 10:50 am	Juniors Orange to Adv Blue 5:45 pm - 6:25 pm	Juniors Orange to Adv Blue 5:10 pm - 5:50 pm	Juniors Orange to Adv Blue 5:45 pm - 6:25 pm	Juniors Orange to Adv Blue 5:10 pm - 5:50 pm	Juniors Orange to Adv Blue 10:10 am - 10:50 am
Juniors Orange to Black 10:55 am - 11:35 am	Juniors White & Yellow 6:30 pm - 7:00 pm	Juniors Purple to Black 5:55 pm - 6:35 pm	Juniors White & Yellow 6:30 pm - 7:00 pm	Juniors Purple to Black 5:55 pm - 6:35 pm	Juniors Purple to Black 10:55 am - 11:35 am
Teen White to Black 11:40 am - 12:20 pm	Teen White to Adv Blue 7:05 pm - 7:45 pm	Juniors Orange to Black 6:40 pm - 7:20 pm	Teen White to Adv Blue 7:05 pm - 7:45 pm	Tween, Teen & Adult Black Belts 6:40 pm - 7:35 pm	Teen White to Black 11:40 am - 12:20 pm
Adult White to Black 12:25 pm - 1:10 pm	Teen Purple to Black 7:05 pm - 8:00 pm	Tween, Teen & Adult Black Belts 7:25 pm - 8:20 pm	Teen Purple to Black 7:05 pm - 8:00 pm	Adult White & Yellow 7:40 pm - 8:25 pm	Adult White to Black 12:25 pm - 1:10 pm
	Candidates 8:05 pm - 8:45 pm	Adult White & Yellow 8:25 pm - 9:10 pm	Candidates 8:05 pm - 8:45 pm	Adult Orange to Adv. Brown 7:40 pm - 8:40 pm	
	Adults White to Black 8:50 pm - 9:35 pm	Adult Orange to Adv. Brown 8:25 pm - 9:25 pm	Adults White to Black 8:50 pm - 9:35 pm	Adult Black Belts 7:40 pm - 8:40 pm 8:40pm - 8:55 pm Weapons	
		Adult Black Belts 8:25 pm - 9:25 pm 9:25pm - 9:40pm Weapons			
					<b>Legend</b>
					<b>Little Dragons</b> 3.5 to 4 years old
					<b>Juniors</b> 5 to 14 years old
					<b>Teen</b> 13 to 18 years old
					<b>Adult</b> 18 years old & up

**Schedule from Tuesday September 2, 2025 to  
Thursday June 25, 2026**