

**NOX DOJO
2018**

SCHEDULE

**ADMIN
HOURS**

**TUE/THU:
3:00 – 5:00**

Starts Jan., 2018	MON	TUE	WED	THU	FRI	SAT
Adult Program (Ages 15 & older)						
Aikido	8:00 – 9:00		8:00 – 9:00			2:30 – 4:30 pm OPEN SCHEDULE Classes below are open to all belts Advanced & Black Belt Kata 10:00 – 10:45 Kobudo (All Belts) 10:45 – 11:30 Beginner, Intermediate, Recreational Kata 11:30 – 12:15 Tournament Saturday for 8 years and under 12:15 – 12:45
Karate	7:00 – 8:00	7:00 – 8:00 Fitness Class		7:00 – 8:00		
Kenjitsu/Kobudo			7:15 – 8:00 Kobudo	8:00 – 9:00 Kenjitsu		
Youth Program (Ages 12 – 14)						
Karate	7:00 – 8:00	7:00 – 8:00		6:00 – 7:00		
Kenjitsu				8:00 – 9:00		
Kobudo			7:15 – 8:00			
Kodomo Karate Schedule (Ages 3 - 11)						
Rec. Karate (Ages 3 – 7: Striped Belts)	6:00 – 6:30	5:00 – 5:30	6:00 – 6:30	5:00 – 5:30		
Novice (White – Orange Ages 8 – 11)	6:00 – 7:00	5:00 – 6:00		5:00 – 6:00		
Intermediate (Orange – Blue Ages 8 – 11)	6:30 – 7:30	5:30 – 6:30		5:30 – 6:30		
Advanced (Blue – Brown Ages 8 – 11)	6:30 – 7:30	6:00 – 7:00		6:00 – 7:00		
Brown/Black Blt	7:00 – 8:00	8:00 – 9:00		7:00 – 8:00		
Okinawan Kobudo			7:15 – 8:00			
Team Meibukan Sep - July	5:00 – 6:00 Kumite	8:00 – 9:00 Elite 2 Kata	6:30 – 7:15 Kobudo		5:00 – 7:00 Sep - Jun	

Holiday Closures*

February 19, 2018: Family Day
March 30, 2018: Good Friday
May 18 – 21, 2018: Victoria Day Weekend

*Aikido and Karate Programs run independently and sometimes have different holiday schedules. Please contact your program Sensei for applicable dates.

Other Important Dates

FREE Testing Clinic: Feb 7, 14, 21

Belt Testing Clinic: Feb 26

Kagami Baraki: Apr. 8

AAU Albany: Mar 4

AAU Syracuse: Apr 14

Shiva Fighters Championships: Apr 21 & 22

New Member's Special - \$99 for 1 month and uniform