

KANREIKAI JOLIETTE - CLASS SCHEDULE - IN EFFECT STARTING ON SEPTEMBRE 1, 2025

	TIME	CLASS	DISCIPLINE	AGE	ROOM
MONDAY	17h45-18h15	Mini-Ninja - Group1	Karate	3-5 years old	Ring
	18h00-18h50	Karate - Béginner	Karate	Parents-Children	Room 2
	19h00-20h00	Grappling/ No Gi	Grappling	Teens-Adults	Room 1
	19h00-19h50	Karate - Intermediate - Blue & up	Karate	All ages tous	Room 2
	20h00-21h00	Karate - Béginner	Karate	Adults	Room 2
	20h00-21h00	Mixed Martial Arts	MMA	Teens-Adults	Room 1
TUESDAY	18h00-19h20	Brazilian JiuJitsu - Beginner/ Gi	Grappling	Teens-Adults	Room 2
	18h00-18h50	Kickboxing - Women (Sessions)	Kickboxing	Teens-Adults	Room 1
	19h30-20h30	Kickboxing/ All ages	Kickboxing	For all	Room 1 & Room 2
	20h30-21h30	Karate - Fighting	Karate	For all	Room 2
	20h30-21h30	Fighting - Kickboxing/ Boxing/ MMA	Kickboxing/ Boxing/ MMA	For all	Room 1
WEDNESDAY	18h00-18h50	Karate - Beginner	Karate	Parents-Children	Room 2
	18h00-18h50	Boxing - Beginner	Boxing	Parents-Children	Ring
	18h00-18h50	Specialization (Sessions)	Karate	For all	Room 1
	19h00-20h00	Karate - Green & up	Karate	Teens-Adults	Room 2
	20h00-21h00	Karate - Advanced Kata	Karate	Teens-Adults	Room 2
THURSDAY	18h00-18h50	Boxing - Intermediate	Boxing	For all	Room 1
	18h00-19h20	Karate - Intermediate/ Yellow & up	Karate	For all	Room 2
	19h00-19h50	Self Defense	Self Defense	For all	Room 1
	19h30-20h30	Kickboxing/ For all	Kickboxing	For all	Room 2
	20h30-21h30	Fighting - Kickboxing/ Boxing/ MMA	Kickboxing/ Boxing/ MMA	Teens-Adults	Room 1
FRIDAY	18h00-18h50	Boxing - Children	Boxing	Children	Ring
	18h00-18h50	Karate - Fighting/ Beginner	Karate	Children	Room 2
	18h00-19h30	Brazilian JiuJitsu - Advanced/ Gi & No Gi	Grappling	Teens-Adults	Room 2
	19h00-20h00	Karate - Fighting/ Advanced	Karate	Teens-Adults	Room 1
SATURDAY	8h45-9h15	Mini-Ninja / Group 1	Karate	3-5 years old	Ring
	9h20-9h50	Mini-Ninja / Group 2	Karate	4-5 years old	Ring
	10h00-10h50	Karate - Beginner	Karate	Parents-Children	Room 2
	10h00-10h50	Brazilian JiuJitsu - Beginner/ Gi	Grappling	Parents-Children	Room 2
	11h00-11h50	Mixed Martial Arts/ Gi	Kudo	Teens-Adults	Room 1
	11h00-12h30	Karate - Intermediate/ Yellow & up	Karate	For all	Room 2
SUNDAY	9h30-12h00	Special Classes	All disciplines	Upon invitation	Room 2
	10h00-10h50	Boxe - Débutant	Boxing	Parents-Children	Room 1
	11h00-11h50	Boxe - Intermédiaire	Boxing	For all	Room 1
	12h00-12h50	Boxe - Sparring	Boxing	Upon invitation	Room 1