

## Spring-2025

NUNS' ISLAND  
J.K.A. SHOTOKAN  
KARATE CLUB



CLUB DE KARATÉ  
J.K.A. SHOTOKAN  
DE L'ÎLE-DES-SOEURS

Winter session will end on Saturday, March 29<sup>th</sup>

>>> **Spring session: April 1<sup>st</sup> to June 7<sup>th</sup> 2025** <<<

*(Extra or replacement classes) \**

Tuesday	Thursday	Saturday
18:15-19:15	18:15-19:15	10:15-11:30
<b>White/Yellow/Orange (Green &amp; up) *</b>	<b>White/Yellow/Orange (Green &amp; up) *</b>	<b>(Yellow) * &amp; up</b>
19:20-20:30	19:20-20:30	11:30-12:00
<b>(Yellow) * &amp; up</b>	<b>Green &amp; up (Waza &amp; Bunkai)</b>	<b>Brown &amp; Black</b>
20:30-21:00		
<b>Brown &amp; Black</b>		

## Printemp-2025

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La session d'hiver se terminera le samedi 29 mars

>>> **Session de printemps: Du 1er avril au 7 juin 2025** <<<

*(Classes supplémentaires ou de remplacement) \**

Mardi	Jeudi	Samedi
18:15-19:15	18:15-19:15	10:15-11:30
<b>Blanc/Jaune/orange (Vert &amp; plus) *</b>	<b>Blanc/Jaune/Orange (vert &amp; plus) *</b>	<b>(Jaune) * &amp; plus</b>
19:20-20:30	19:20-20:30	11:30-12:00
<b>(Jaune) * &amp; plus</b>	<b>Vert &amp; plus (Waza &amp; Bunkai)</b>	<b>Brun &amp; Noir</b>
20:30-21:00		
<b>Brun &amp; Noir</b>		