

Winter-2026

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



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

(Fall-B session will end on Jan 24th)

>>> Winter session: January 26th to April 4th <<<

Monday (Elgar Dojo)	Tuesday (Tennis dojo)	Thursday (Tennis Dojo)	Saturday (Tennis Dojo)
18:15-19:15	18:15-19:15	18:15-19:15	10:15-11:30
Beginners	Beginners White/Yellow/Orange	Beginners White/Yellow/Orange	Yellow & up
	19:20-20:30	19:20-20:30	11:30-12:00
	Yellow & up	Green & up (Waza & Bunkai)	Brown & Black
	20:30-21:00 Brown & Black		

Hiver-2026

Lundi (Elgar dojo)	Mardi (Tennis dojo)	Jeudi (Tennis dojo)	Samedi (Tennis dojo)
18:15-19:15	18:15-19:15	18:15-19:15	10:15-11:30
Débutants	Débutants Blanc/Jaune/orange	Débutants Blanc/Jaune/Orange	Jaune & plus
	19:20-20:30	19:20-20:30	11:30-12:00
	Jaune & plus	Vert & plus (Waza & Bunkai)	Brun & Noir
	20:30-21:00 Brun & Noir		