



DMA Orleans Class Schedule

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
ZOOM 82122196073	ZOOM 85708440228	ZOOM 88668236893	ZOOM 85483201514		ZOOM 85096931132	ZOOM 89404101607
		4:30 – 5:15 KARATE KIDS Beginner White/Yellow			9:00-9:45 TBT Strength and Conditioning	9:15-9:45 KARATE TYKES All Belts
5:30-6:15 KARATE KIDS Beginner White/Yellow	5:00-5:30 KARATE TYKES All Belts	5:30-6:00 KARATE TYKES All Belts	5:00-5:45 KARATE KIDS Beginner White/Yellow		10:00-10:30 KARATE TYKES All Belts	10:00-10:45 KARATE KIDS Beginner White/Yellow
6:30-7:15 KARATE KIDS Advanced Blue/Black	5:45-6:30 KARATE KIDS Beginner White/Yellow	6:15-7:00 KARATE KIDS Int. O/O-G/Green	6:00-6:45 KARATE KIDS Int. O/O-G/Green		10:45-11:15 KARATE Tykes All Belts	11:00-11:45 KARATE KIDS Int O/OG/Green
7:30-8:15 ADULT KARATE Beginner White/Orange	6:45-7:30 KARATE KIDS Inter. O/O-G/Green	7:15-8:00 KARATE KIDS Advanced Blue/Black	7:00-7:45 ADULT KARATE Beginner White/Orange		11:30-12:15 KARATE KIDS Beginner	12:00-12:45 TBT Striking
8:30-9:30 TBT Strength and Conditioning	7:45-8:30 ADULT KARATE Int/Adv Green/Black	8:15-9:00 TBT Striking	8:00-8:45 ADULT KARATE Inter/Adv/ Green/Black		12:30-1:15 KARATE KIDS Int. O/O-G/Green	
					1:30-2:00 BBM Juniors	
					2:15 – 2:45 BBM Adults	

Effective October 1, 2021

HOURS OF BUSINESS HOURS

Monday: 4:30 PM – 10:00 PM • Tuesday: 4:30 PM – 10:00 PM
 Wednesday: 4:30 PM – 10:00 PM • Thursday: 4:30 PM – 10:00 PM
 Saturday: 9:00 AM – 3:00 PM • Sunday: 9:00 AM – 3:00 PM