



DMA Orleans Class Schedule

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
					10:00-10:30 KARATE TYKES All Belts	9:15-9:45 KARATE TYKES All Belts
5:15-6:00 KARATE KIDS Beginner White/Yellow	5:00-5:30 KARATE TYKES All Belts	5:15-5:45 KARATE TYKES All Belts	5:00-5:45 KARATE KIDS Beginner White/Yellow		10:30-11:15 KARATE KIDS Beginner	9:45-10:30 KARATE KIDS Beginner White/Yellow
6:00-6:45 KARATE KIDS Advanced Green/ Junior Black	5:30-6:15 KARATE KIDS Beginner White/Yellow	5:45-6:30 KARATE KIDS Beginner White/Yellow	5:45-6:30 KARATE KIDS Intermediate Orange/ Orange-Green		10:30-11:15 TBT Strength and Conditioning	10:30-11:15 KARATE KIDS Intermediate Orange/ Orange-Green
6:45-7:30 YOUTH/ADULT KARATE Beginner White/Orange	6:15-7:00 KARATE KIDS Intermediate Orange/ Orange-Green	6:30-7:15 KARATE KIDS Intermediate Orange/ Orange-Green	6:30-7:15 YOUTH/ADULT KARATE Beginner White/Orange		11:15-12:00 KARATE KIDS Intermediate Orange/ Orange-Green	11:15-12:00 TBT Striking
7:30-8:15 TBT Strength and Conditioning	6:15-7:00 KARATE KIDS Advanced Green/ Junior Black	7:15-8:00 KARATE KIDS Advanced Green/ Junior Black	7:15-8:00 TBT Strength and Conditioning		11:15-12:00 KARATE KIDS Advanced Green/ Blue/ Black	11:15-12:00 ADULT KARATE Inter/Adv/ Green/Black
	7:00-7:45 YOUTH/ADULT KARATE Int/Adv Green/Black	8:00-8:45 TBT Striking	7:15 - 8:00 YOUTH/ADULT KARATE Inter/Adv Green/Black		12:00-12:45 JUNIOR Point Sparring	12:00-12:30 YOUTH/ ADULT BBM
	7:45-8:30 YOUTH/ ADULT Point Sparring		8:00 - 8:30 JUNIOR/ YOUTH/ADULT BLACK BELT		12:45-1:15 JUNIOR BBM	
					1:15-2:00 YOUTH/ADULT KARATE Beginner White/Orange	

EFFECTIVE SEPTEMBER 12, 2022

HOURS OF BUSINESS HOURS

Monday: 4:30 PM – 9:00 PM • Tuesday: 4:30 PM – 9:00 PM
 Wednesday: 4:30 PM – 9:00 PM • Thursday: 4:30 PM – 9:00 PM
 Saturday: 10:00 AM – 2:00 PM • Sunday: 9:00 AM – 1:00 PM