



## DMA Orleans Class Schedule

MON.	TUES.	WED.	THURS.	FRI.	SAT.	SUN.
					<b>10:00-10:30</b> <b>KARATE TYKES</b> All Belts	<b>9:15-9:45</b> <b>KARATE TYKES</b> All Belts
<b>5:15-6:00</b> <b>KARATE KIDS</b> Beginner White/Yellow	<b>5:00-5:30</b> <b>KARATE TYKES</b> All Belts	<b>5:15-5:45</b> <b>KARATE TYKES</b> All Belts	<b>5:00-5:45</b> <b>KARATE KIDS</b> Beginner White/Yellow		<b>10:30-11:15</b> <b>KARATE KIDS</b> Beginner White/Yellow	<b>9:45-10:30</b> <b>KARATE KIDS</b> Beginner White/Yellow
<b>6:00-6:45</b> <b>KARATE KIDS</b> Intermediate Orange/ Orange-Green	<b>5:30-6:15</b> <b>KARATE KIDS</b> Beginner White/Yellow	<b>5:45-6:30</b> <b>KARATE KIDS</b> Beginner White/Yellow	<b>5:45-6:30</b> <b>KARATE KIDS</b> Intermediate Orange/ Orange-Green		<b>10:30-11:15</b> <b>FITNESS</b> <b>KICKBOXING</b> Strength and Conditioning	<b>10:30-11:15</b> <b>KARATE KIDS</b> Intermediate Orange/ Orange-Green
<b>6:45-7:30</b> <b>KARATE KIDS</b> Advanced Green/ Junior Black	<b>6:15-7:00</b> <b>KARATE KIDS</b> Intermediate Orange/ Orange-Green	<b>6:30-7:15</b> <b>KARATE KIDS</b> Intermediate Orange/ Orange-Green	<b>6:30-7:15</b> <b>YOUTH/ ADULT</b> <b>KARATE</b> Beginner White/Orange		<b>11:15-12:00</b> <b>KARATE KIDS</b> Intermediate Orange/ Orange-Green	<b>10:30-11:15</b> <b>KARATE KIDS</b> Advanced Green/ Junior Black
<b>7:30-8:15</b> <b>YOUTH/ADULT</b> <b>KARATE</b> Beginner White/Orange	<b>6:15-7:00</b> <b>KARATE KIDS</b> Advanced Green/ Junior Black	<b>7:15-8:00</b> <b>KARATE KIDS</b> Advanced Green/ Junior Black	<b>7:15-8:00</b> <b>FITNESS</b> <b>KICKBOXING</b> Strength and Conditioning		<b>11:15-12:00</b> <b>KARATE KIDS</b> Advanced Green/ Junior Black	<b>11:15-12:00</b> <b>FITNESS</b> <b>KICKBOXING</b> Striking
<b>8:15-9:00</b> <b>FITNESS</b> <b>KICKBOXING</b> Strength and Conditioning	<b>7:00-7:45</b> <b>YOUTH/ADULT</b> <b>KARATE</b> Int/Adv Green/Black	<b>8:00-8:45</b> <b>FITNESS</b> <b>KICKBOXING</b> Striking	<b>7:15 - 8:00</b> <b>YOUTH/ADULT</b> <b>KARATE</b> Inter/Adv Green/Black		<b>12:00-12:45</b> <b>JUNIOR</b> Point Sparring	<b>11:15-12:00</b> <b>ADULT</b> <b>KARATE</b> Inter/Adv/ Green/Black
	<b>7:45-8:30</b> <b>YOUTH/ ADULT</b> Point Sparring		<b>8:00 - 8:30</b> <b>JUNIOR/ YOUTH/ADULT</b> <b>BLACK BELT</b>		<b>12:45-1:15</b> <b>JUNIOR</b> <b>BBM</b>	<b>12:00-12:30</b> <b>YOUTH/ ADULT</b> <b>BBM</b>
					<b>1:15-2:00</b> <b>YOUTH/ADULT</b> <b>KARATE</b> Beginner White/Orange	

**EFFECTIVE JANUARY 7, 2023**  
**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