

Deschamps Martial Arts

1585 Tenth Line Rd, Orleans, Ontario

Dojo 613-830-8254

Ray Friel Complex 613-830-2747

Membership

Training Schedule

Effective: 1 Jan 2011

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
After School training is available on demand for all belts Monday to Friday Talk to your Sensei				Friday Classes Sep to Dec Jan to April	Saturday Classes Sep to Dec Jan to April
5:00 - PM Open Training Junior All Belts see your sensei	5:00 - PM Open Training Junior All Belts see your sensei	5:00 - PM Open Training Junior All Belt See see your sensei	5:00 - PM Open Training Junior All B see your sensei		10:00 -10:45 AM Karate Little Dragon
6:00 – 7:00 PM KARATE Junior - All Belts	6:15 – 7:30 PM MMA JIU-JITSU Grappling Adults - All Belts	6:00 – 7:00 PM KARATE Junior - All Belts	6:15 – 7:30 PM MMA JIU-JITSU Grappling Adults - All Belts	5:30 – 6:30 PM SPARRING Kids All Belts	11:00 - PM KARATE Sparring & Kata Training only Adults -All Belts
7:00 - 8:15 PM KARATE Adults - All Belts	7:30 – 8:30 PM KICKBOXING Adults	7:00 - 8:15 PM KARATE Adults - All Belts	7:30 – 8:30 PM KICKBOXING Adults	6:30 - 8:00 PM SPARRING Adults All Belts	
8:15 PM Open for Extra Training Adult All Belts See your sensei	8:30 PM Open for Extra Training Adult All Belts See your sensei	8:15 PM Open for Extra Training Adult All Belts See your sensei	8:30 PM Open for Extra Training Adult All Belts See your sensei		

Important Note: Friday Classes are for Serious, Responsible kids only

Remember ... Good attendance is a must for proper learning and belt promotion.

Belt exams are held every Month, please ask Instructors for details.

You must ask your Sensei for date and time and if you are ready for testing.

You DMA membership includes any of the Arts & Executive Ray Friel Membership (must be 13 yrs & up)

For more details, please talk to your Sensei.

Family and friends are always welcome to observe and try out a class!

