



CLASS TIMETABLE

SEPTEMBER 2022 – DECEMBER 2022

MAIN STREET LOCATION · 416-699-5078 · desantosmain@desantos.ca

BROADVIEW LOCATION · 416-465-9696 · 603desantos@desantos.ca



(A) CLASSES Self-protection, sparring drills, kickboxing

(B) CLASSES Forms, kicking techniques, weapons

	MONDAY (A)	TUESDAY (A)	WEDNESDAY (B)	THURSDAY (B)	FRIDAY	SATURDAY (B)
TINY CHAMPS Ages 3-5	5:00 – 5:30 PM	5:45 – 6:15 PM	5:00 – 5:30 PM	5:45 – 6:15 PM		10:00 – 10:30 AM
LITTLE CHAMPS BASIC Ages 5-7	5:30 – 6:00 PM	6:15 – 6:45 PM	5:30 – 6:00 PM	6:15 – 6:45 PM		10:30 – 11:00 AM
LITTLE CHAMPS BBT Ages 5-7	5:30 – 6:15 PM	6:15 – 7:00 PM	5:30 – 6:15 PM	6:15 – 7:00 PM		10:30 – 11:15 AM
YOUTH White to Green with Black Stripe	6:15 – 7:00 PM	5:00 – 5:45 PM	6:15 – 7:00 PM	5:00 – 5:45 PM		9:10 – 9:55 AM Family class
YOUTH ADVANCED & YOUTH BLACK BELTS Brown Belts and up	6:15 – 7:15 PM	7:00 – 7:45 PM	6:15 – 7:15 PM	7:00 – 7:45 PM		9:10 – 9:55 AM Family class (Youth to Adult)
TEEN & ADULT All belts	7:15 – 8:15 PM	7:45 – 8:45 PM	7:15 – 8:15 PM	7:45 – 8:45 PM		9:10 – 9:55 AM Family class (Youth to Adult)
TEEN & ADULT BLACK BELTS	7:15 – 8:30 PM	7:45 – 9:00 PM	7:15 – 8:30 PM	7:45 – 9:00 PM		9:10 – 9:55 AM Family class (Youth to Adult)
BLACK BELT CANDIDATES						6:45 – 8:15 AM Main Street location
TOURNAMENT TEAM						6:00 – 8:00 AM Main Street location
DEMO TEAM					5:00 – 6:00 PM Main Street location	
LEADERSHIP TEAM					6:00 – 7:00 PM Main Street location	

Check your email for [details on how to register](#) for and check-in for classes via the Zen Planner portal ([iPhone](#) & [Android](#) & [web](#)).