



# DESANTOS PREMIER MARTIAL ARTS

210 Main Street location · 416-699-5078 · desantosmain@desantos.ca

Program Director: Jean-Luc Lacombe



## CLASS SCHEDULE SEPTEMBER TO JUNE

**(A) CLASSES** Self-protection, sparring drills, kickboxing · **(B) CLASSES** Forms, kicking techniques, weapons

		MONDAY (A)	TUESDAY (A)	WEDNESDAY (B)	THURSDAY (B)	FRIDAY (A)	SATURDAY (B)
<b>TINY CHAMPS</b> (Ages 3-4)		4:15 – 4:45 p.m.	5:45 – 6:15 p.m.	4:15 – 4:45 p.m.	5:45 – 6:15 p.m.		10:15 – 10:45 a.m.
<b>LITTLE CHAMPS</b> (Ages 5-7)	<b>Basic</b> White to half-yellow	5:30 – 6:00 p.m.	6:15 – 6:45 p.m.	5:30 – 6:00 p.m.	6:15 – 6:45 p.m.		10:45 – 11:15 a.m.
	<b>Advanced</b> Double orange to half-brown	6:00 – 6:30 p.m.	5:00 – 5:30 p.m.	6:00 – 6:30 p.m.	5:00 – 5:30 p.m.		11:15 – 11:45 a.m.
	<b>BBT</b> Double orange to half-brown	6:00 – 6:45 p.m.	5:00 – 5:45 p.m.	6:00 – 6:45 p.m.	5:00 – 5:45 p.m.		11:15 a.m. – 12:00 p.m.
<b>YOUTH</b> (Ages 8-11)	<b>Basic</b> White to orange	4:45 – 5:15 p.m.	6:45 – 7:15 p.m.	4:45 – 5:15 p.m.	6:45 – 7:15 p.m.	4:15 – 4:45 p.m.	9:00 – 9:30 a.m.
	<b>Basic BBT</b> White to orange	4:45 – 5:30 p.m.	6:45 – 7:30 p.m.	4:45 – 5:30 p.m.	6:45 – 7:30 p.m.	4:15 – 5:00 p.m.	9:00 – 9:45 a.m.
	<b>BBT</b> Purple to green/black stripe	6:45 – 7:30 p.m.	4:15 – 5:00 p.m.	6:45 – 7:30 p.m.	4:15 – 5:00 p.m.	4:15 – 5:00 p.m.	9:00 – 9:45 a.m.
	<b>Premier Program</b> Browns to reds	7:30 – 8:15 p.m.	7:30 – 8:15 p.m.	7:30 – 8:15 p.m.	7:30 – 8:15 p.m.	4:15 – 5:15 p.m.	9:00 – 10:00 a.m.
	<b>Black Belt Masters</b>	7:30 – 8:15 p.m.	7:30 – 8:30 p.m.	7:30 – 8:15 p.m.	7:30 – 8:30 p.m.	5:15 – 5:30 p.m.	9:00 – 10:15 a.m.
<b>TEEN &amp; ADULT</b>	<b>Basic</b> White to orange	10:00 – 10:45 a.m. 8:15 – 9:00 p.m.	8:30 – 9:15 p.m.	10:00 – 10:45 a.m. 8:15 – 9:00 p.m.	8:30 – 9:15 p.m.		9:00 – 9:30 a.m.
	<b>BBT</b> White to green	10:00 – 10:45 a.m. 8:15 – 9:00 p.m.	8:30 – 9:15 p.m.	10:00 – 11:00 a.m. 8:15 – 9:00 p.m.	8:30 – 9:15 p.m.		9:00 – 9:45 a.m.
	<b>Premier Program</b> Browns to reds	10:00 – 11:00 a.m. 8:15 – 9:15 p.m.	8:30 – 9:30 p.m.	10:00 – 11:15 a.m. 8:15 – 9:15 p.m.	8:30 – 9:30 p.m.		9:00 – 10:00 a.m.
	<b>Black Belt Masters</b>	10:00 – 11:00 a.m. 8:15 – 9:30 p.m.	8:30 – 9:30 p.m.	10:00 – 11:30 a.m. 8:15 – 9:30 p.m.	8:30 – 9:30 p.m.		9:00 – 10:15 a.m.

**BLACK BELT PREP**  
Black Belts  
Premier Belts

Saturdays 6:00 – 8:30 a.m.  
Saturdays 6:45 – 8:30 a.m.

**210 DEMO TEAM**  
**S.T.O.R.M. & C.I.T.**

Fridays 5:30 – 6:30 p.m.  
Fridays 6:30 – 7:30 p.m.

**BIRTHDAY PARTIES**

Contact us early to  
reserve your spot!  
(Saturday afternoons only)