

Gadbois Dojo



養秀館



Gadbois Dojo

Gadbois Dojo serves the Gadbois; Atwater; St-Henri; Downtown and Verdun communities and was started in 2003. Gadbois Dojo is a member in good standing of the Yoshukan Karate Association. All are welcome to drop by, meet the instructors and try 2 free classes!

**Chief Instructor
Sempai Raluca Stanescu**



Chief instructor - Raluca Stanescu, Ni-Dan Yoshukan Black Belt. Certified karate & fitness instructor. Multiple medalist in national competitions. Canadian Master Karate Champion (2006 St. John's Championships).

With patience and perseverance Raluca has enthusiastically built Karate Gadbois Dojo.

**Sempai
Constantin Calistru**

CLASS TIMES	Junior	Adult
Monday:	6 - 7 pm (Beginners)	
Wednesday:	6 - 7 pm (Beginners/Advanced)	7 - 8:30 pm
Thursday:	6 - 7:15 (Advanced)	
	7 - 8 pm (Green-Brown Belt)	
Saturday:	9 - 10 am (Beginners) 11 am - 12:30 pm (Advanced)	10 - 11 am

LOCATION:

5485, Chemin de la Côte-Saint-Paul, Montréal
(Québec) CANADA, Tel : (514) 872-2786

PHONE: (514) 544-6598

EMAIL: IAITO@SYMPATICO.CA

WEBSITE: WWW.YOSHUKANGADBOIS.COM

