



# 2024 Dojo Class Schedule

**TIMES SUBJECT TO HOLIDAY CLOSURES  
SEE THIRD PAGE FOR CLOSURE LIST**

## MONDAY

- 5:00 - 5:45 PM** Little Warriors
- 5:00 - 6:00 PM** Muay Thai (Youth)
- 5:00 - 6:00 PM** MMA Striking (All Ages)
- 6:00 - 7:00 PM** Muay Thai (Adult)
- 6:00 - 7:00 PM** Striking / Sparring (Adult)
- 7:00 - 8:00 PM** Boxing (All Ages)

## TUESDAY

- 5:00 - 6:00 PM** Karate (Youth)
- 6:00 - 7:00 PM** Karate (All Ages)
- 6:00 - 7:00 PM** BJJ (Youth)
- 7:00 - 8:00 PM** BJJ (Adult)
- 7:00 - 8:30 PM** Sparring (Point)

## WEDNESDAY

- 5:00 - 5:45 PM** Little Warriors
- 5:00 - 6:00 PM** Muay Thai (Youth)
- 5:00 - 6:00 PM** MMA Grappling (All Ages)
- 6:00 - 7:00 PM** Muay Thai (Adult)
- 6:00 - 7:00 PM** Striking / Sparring (Adult)
- 7:00 - 8:00 PM** Boxing (All Ages)

## THURSDAY

- 5:00 - 6:00 PM** Karate (Youth)
- 6:00 - 7:00 PM** Karate (All Ages)
- 6:00 - 7:00 PM** BJJ (Youth)
- 7:00 - 8:00 PM** BJJ (Adult)
- 7:00 - 8:00 PM** Kata

## FRIDAY

- 5:00 - 5:45 PM** Little Warriors
- 6:00 - 7:00 PM** MMA Fundamentals
- 7:00 - 8:00 PM** Muay Thai (All Ages)
- 7:00 - 8:00 PM** Striking / Sparring (All Ages)

## SATURDAY

- 9:00 - 10:00 AM** Muay Thai (Youth)
- 10:00 - 11:00 AM** Muay Thai (Adult)
- 11:00 - 12:00 PM** Karate (All Ages)
- 12:00 - 1:00 PM** Boxing (All Ages)
- 12:00 - 12:45 PM** Little Warriors
- 1:00 - 3:00 PM** Comp Team Training

## SUNDAY

**Closed**



# Dojo Etiquette Rules

## Little Warriors

- **Class is Unparented** (No Parents on the Mats)
- **Spectators are Permitted** (Unless Advised Otherwise)
- **No Video Recording/Photography** (Unless Permitted by Coach, Front Desk & Students Involved)
- **Element Uniforms Mandatory**

## Youth / Adult

- **No Spectators Allowed** (Unless Permitted By Element Management)
- **No Inappropriate/Offensive Language**
- **No Video Recording/Photography** (Unless Permitted by Coach, Front Desk & Students Involved)
- **Element Uniforms Mandatory**
- **Students Must Purchase Their Own Training Gear** (Loaners for trials only).

## Sparring

- **No Spectators Allowed**
- **No Video Recording/Photography** (Unless Permitted by Coach, Front Desk & Students Involved)
- **No Inappropriate/Offensive Language**
- **16oz Gloves For Adults**
- **14oz Gloves For Youth**
- **Mouth Guard**
- **Cup Protection**
- **Minimum 2 Additional Technique Based Classes** (Per Week to Attend)
- **Power Used at Coach's Discretion**
- **Gear Mandatory**
- **Element Uniforms Mandatory**

**Failure to Follow These Rules May Result in Removal from Class  
For the Day and/or Indefinitely.**



## Dojo 2024 Closure Schedule

### **AUGUST 2 - 5**

**AUGUST LONG WEEKEND** Regular scheduled classes will resume Tuesday, August 6th

### **AUGUST 30 - SEPTEMBER 2**

**LABOUR DAY** Regular scheduled classes will resume Tuesday, September 3rd

### **OCTOBER 12 - 14**

**THANKSGIVING** Regular scheduled classes will resume Tuesday, October 15th

### **OCTOBER 31**

**HALLOWEEN** Regular scheduled classes will resume Friday, November 1st

### **NOVEMBER 9 - 11**

**REMEMBRANCE DAY** Regular scheduled classes will resume Tuesday, November 12th

### **DECEMBER 23 - JANUARY 1**

**CHRISTMAS** Regular scheduled classes will resume Thursday, January 2nd