



# Dojo Class Schedule

**TIMES SUBJECT TO HOLIDAY CLOSURES  
SEE NEXT 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)  
**7:00 - 8:00 PM** Karate (Intermediate /Advanced)

## 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)  
**7:00 - 8:00 PM** Karate (Intermediate /Advanced)

## 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 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