



Dojo Class Schedule

MONDAY

- 5:00 - 5:45 PM** Little Warriors
- 5:00 - 6:00 PM** Muay Thai (Youth)
- 5:00 - 6:00 PM** Striking / Sparring (Youth)

- 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** Striking / Sparring (Youth)

- 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 - 8:30 PM** Muay Thai (All Ages)
- 7:00 - 8:30 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** Striking / Sparring
- 11:00 - 12:00 PM** Karate (All Ages)

- 12:00 - 1:00 PM** Boxing (All Ages)
- 12:00 - 1:00 PM** BJJ (No Gi)
- 12:00 - 12:45 PM** Little Warriors

- 1:00 - 2:00 PM** BJJ (Fundamentals)
- 1:00 - 3:30 PM** Comp Team Training

SUNDAY **Closed**