



Dojo Class Schedule

**TIMES SUBJECT TO HOLIDAY CLOSURES
CLICK HERE TO SEE 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 Muay Thai 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**



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

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