



# 2025 Dojo Class Schedule

**SUBJECT TO CHANGE WITHOUT NOTICE.  
REFER TO HOLIDAY DOJO CLOSURES BELOW.**

## MONDAY

- 5:00 - 5:45 PM Little Warriors
- 5:00 - 6:00 PM Muay Thai (Youth)
- 6:00 - 7:00 PM Boxing (Youth)
- 6:00 - 7:00 PM Boxing (Adult)
- 7:00 - 8:00 PM Muay Thai (Adult)

- 8:00 - 9:00 PM Striking / Sparring (Adult)

## TUESDAY

- 5:00 - 6:00 PM Karate (Youth)
- 5:00 - 6:00 PM BJJ (Youth)
- 6:00 - 7:00 PM Karate (All Ages)
- 6:00 - 7:00 PM Advanced Muay Thai
- 7:00 - 8:30 PM BJJ (Adult)

## WEDNESDAY

- 5:00 - 5:45 PM Little Warriors
- 5:00 - 6:00 PM Muay Thai (Youth)
- 6:00 - 7:00 PM Boxing (Youth)
- 6:00 - 7:00 PM Boxing (Adult)
- 7:00 - 8:00 PM Muay Thai (Adult)
- 8:00 - 9:00 PM Striking / Sparring (Adult)

## THURSDAY

- 5:00 - 6:00 PM Karate (Youth)
- 5:00 - 6:00 PM BJJ (Youth)
- 6:00 - 7:00 PM Karate (All Ages)
- 6:00 - 7:00 PM MMA (Exp. Required)
- 7:00 - 8:30 PM BJJ (Adult)

## FRIDAY

- 5:00 - 6:00 PM Muay Thai (All Ages)
- 5:30 - 6:15 PM Little Warriors
- 6:00 - 7:00 PM Boxing (All Ages)
- 7:00 - 9:00 PM Comp. Team Training

## SATURDAY

- 10:00 - 11:00 AM Muay Thai (All Ages)
- 11:00 - 12:00 PM Karate (All Ages)
- 12:00 - 1:00 PM Boxing (All Ages)
- 12:00 - 12:45 PM Little Warriors

## SUNDAY



- 1:00 - 2:30 PM Kung Fu (All Ages)



## 2025 Dojo Closure Schedule

### APRIL 18 - 21

**EASTER**

Regular scheduled classes will resume  
Tuesday, April 22nd

### MAY 17 - 19

**VICTORIA DAY**

Regular scheduled classes will resume  
Tuesday, May 20th

### JULY 01

**CANADA DAY**

Regular scheduled classes will resume  
Wednesday, July 2nd

### AUGUST 02 - 04

**CIVIC HOLIDAY**

Regular scheduled classes will resume  
Tuesday, August 5th

### AUGUST 30 - SEPTEMBER 01

**LABOUR DAY**

Regular scheduled classes will resume  
Tuesday, September 2nd

### OCTOBER 11 - 13

**THANKSGIVING**

Regular scheduled classes will resume  
Tuesday, October 14th

### NOVEMBER 11

**REMEMBRANCE  
DAY**

Regular scheduled classes will resume  
Wednesday, November 12th

### DECEMBER 24 - 28

**CHRISTMAS**

Regular scheduled classes will resume  
Monday, December 29th



# 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 Are 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 Are 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 Are Mandatory**

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