

# June Schedule

## MAIN DOJANG

### SUNDAYS:

9:00AM RELAXED KARATE  
10:00AM WORKSHOP

### MONDAYS: MORNING CLASSES START 6/16

9:00AM SENIOR CITIZEN SELF DEFENSE  
10:30AM MIXED LEVELS  
5:00PM LITTLE DRAGONS  
5:45PM FORMS  
6:30PM MIXED LEVELS\*  
7:30PM ADULT BRAZILIAN JIU JITSU

### TUESDAYS:

5:15PM BEGINNERS  
6:15PM MIXED LEVELS

### WEDNESDAYS:

5:00PM LITTLE DRAGONS  
5:45PM BEGINNERS  
6:30PM MIXED LEVELS\*

### THURSDAYS: \*\*\*

5:00PM LITTLE DRAGONS  
5:45PM BEGINNERS  
6:30PM MIXED LEVELS\*\*

### SATURDAYS:

8:00AM CARDIO/STRIKING  
9:00AM BRAZILIAN JIU JITSU (ALL LEVEL)  
10:00AM MIXED LEVELS  
11:30AM LITTLE DRAGONS

### \*SPARRING NIGHTS:

JUNE 9 AND JUNE 25

### \*\*WEAPONS NIGHT (ORANGE BELT AND UP):

JUNE 5

### \*\*\*FORMS NIGHT:

JUNE 19

## STUDIO 1

### MONDAYS:

5:00PM KIDS BRAZILIAN JIU JITSU  
6:00PM MARTIAL FITNESS KICKBOXING\*

### TUESDAYS:

5:00PM KIDS BRAZILIAN JIU JITSU  
6:00PM ADULT BRAZILIAN JIU JITSU

### WEDNESDAYS:

6:00PM MARTIAL FITNESS KICKBOXING\*

### THURSDAYS:

5:00PM BASICS BREAKDOWN  
5:45PM MOVE WITH MAKAYLA\*

(FOR 6/5 ONLY- CLASS WILL START AT 6:15PM)

### SATURDAYS:

9:00AM CIRCUIT TRAINING\*

(CLASSES ON JUNE 7 AND JUNE 21)

## STUDIO 2

### TUESDAYS:

5:30PM STRETCH & SMOOTH YOGA\*  
6:30PM YOGA\*

### FRIDAYS:

5:30PM YOGA ON JUNE 13 & JUNE 27  
CASH ONLY - \$10 (TIPS APPRECIATED)

### CHANGES:

- WE WILL NO LONGER HAVE WEDNESDAY WORKSHOP (FOR SUMMER) - MIXED CLASS NOW STARTS @ 6:30PM
- MORNING CLASSES ADDED ON MONDAYS STARTING 6/16
- CIRCUIT TRAINING ADDED ON 6/7 AND 6/21

\*SPECIALTY FITNESS CLASSES - ALL 45 MINUTES  
NOT INCLUDED WITH TKD/TSD TUITION.

6/19 - TOTAL BODY TRANSFORM WILL REPLACE MOVE

 MARTIAL ARTS CLASSES  LITTLE DRAGONS  
 BRAZILIAN JIU JITSU  FITNESS CLASSES