

Weekly Schedule

MAIN DOJANG

SUNDAYS:

9:00AM RELAXED KARATE
10:00AM WORKSHOP

MONDAYS:

9:00AM SENIOR SELF DEFENSE
10:30AM LITTLE GRASSHOPPERS
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 - OR ELITE
TRAINING CLASS (INVITE ONLY)

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

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*
OR CIRCUIT TRAINING*
(ROTATES - SEE FITNESS CALENDAR)

THURSDAYS:

5:00PM LITTLE GRASSHOPPERS
5:45PM MOVE WITH MAKAYLA*
6:30PM STREET DEFENSE*

SATURDAYS:

9:00AM CIRCUIT TRAINING*

STUDIO 2

TUESDAYS:

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

FRIDAYS:

5:30PM YOGA - TWICE A MONTH
(CHECK WEBSITE)
CASH ONLY - \$10 (TIPS APPRECIATED)

CHECK OUR WEBSITE FOR
SPECIALTY CLASSES EACH MONTH!

CLASSES INCLUDE:

SPARRING NIGHT (MIXED LEVEL)
SPARRING NIGHT (BEGINNER LEVEL)
WEAPONS NIGHT (ORANGE BELT & UP)
FORMS NIGHT
ELITE TRAINING CLASS (INVITE ONLY)

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

