

October Schedule

MAIN DOJANG

SUNDAYS:

9:00AM RELAXED KARATE
10:00AM WORKSHOP

MONDAYS:

9:00AM SENIOR CITIZEN 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*

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

HALLOWEEN PARADE: 10/19
HALLOWEEN PARTY: 10/28



*SPARRING NIGHTS:

OCTOBER 13 & 29

**WEAPONS NIGHT (ORANGE BELT AND UP):

OCTOBER 2

***FORMS NIGHT:

OCTOBER 30

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:

5:00PM BASICS BREAKDOWN & TEST PREP
(NO CLASS 10/15)
6:00PM MARTIAL FITNESS KICKBOXING*
OR CIRCUIT TRAINING*
(ROTATES - SEE FITNESS CALENDAR)

THURSDAYS:

5:00PM LITTLE GRASSHOPPERS (STARTS 10/13)
5:45PM MOVE WITH MAKAYLA*
6:30PM KAGE ESSENSU*

SATURDAYS:

9:00AM CIRCUIT TRAINING*

STUDIO 2

TUESDAYS:

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

FRIDAYS:

5:30PM YOGA ON OCTOBER 3 AND 24
CASH ONLY - \$10 (TIPS APPRECIATED)

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

 MARTIAL ARTS CLASSES

 LITTLE GRASSHOPPERS

 LITTLE DRAGONS

 BRAZILIAN JIU JITSU

 SPECIALTY CLASSES