

# DOHJO MUAY THAI & FITNESS

Contact [dohjo.muay.thai@gmail.com](mailto:dohjo.muay.thai@gmail.com) or 705-931-2011 to book a trial session

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday	Class Legend														
	<b>Tues Bootcamp</b> 6:30AM-7:15AM	<b>Wed Bootcamp</b> 6:30AM-7:15AM		<b>Fri Bootcamp</b> 6:30AM-7:15AM	<b>Yoga</b> 8:30AM-9:45AM		<table border="1"> <tr><td><b>Class Legend</b></td></tr> <tr><td><b>ADULT CLASS OPTIONS</b></td></tr> <tr><td>Ladies ONLY Muay Thai (MT)</td></tr> <tr><td>Beginner Muay Thai (MT)</td></tr> <tr><td>Intermediate/Advanced Muay Thai (MT)</td></tr> <tr><td>Mixed Levels and Co-ed Muay Thai (MT)</td></tr> <tr><td>Fitness Classes</td></tr> <tr><td>Yoga</td></tr> <tr><td>Open Gym</td></tr> <tr><td><b>KIDS CLASS OPTIONS</b></td></tr> <tr><td>Kids Muay Thai Ages 3-7 yrs old (MT)</td></tr> <tr><td>Kids Muay Thai Ages 7-13 yrs old (MT)</td></tr> <tr><td>Kids Muay Thai Ages 3-13 yrs old (MT)</td></tr> <tr><td>Special Needs Kids MT</td></tr> </table>	<b>Class Legend</b>	<b>ADULT CLASS OPTIONS</b>	Ladies ONLY Muay Thai (MT)	Beginner Muay Thai (MT)	Intermediate/Advanced Muay Thai (MT)	Mixed Levels and Co-ed Muay Thai (MT)	Fitness Classes	Yoga	Open Gym	<b>KIDS CLASS OPTIONS</b>	Kids Muay Thai Ages 3-7 yrs old (MT)	Kids Muay Thai Ages 7-13 yrs old (MT)	Kids Muay Thai Ages 3-13 yrs old (MT)	Special Needs Kids MT
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					<b>Kids MT 3-13 yrs</b> 10:00AM-10:50AM																
					<b>Mixed Level MT</b> 11:00AM-12:30PM																
	<b>Lunch MT</b> 12:00PM-12:45PM	<b>Lunch MT</b> 12:00PM-12:45PM		<b>Lunch MT</b> 12:00PM-12:45PM																	
	<b>Open Gym</b> 12:45PM-1:30PM	<b>Open Gym</b> 12:45PM-1:30PM		<b>Open Gym</b> 12:45PM-1:30PM																	
	<b>Special Needs MT</b> 4:30PM-5:30PM																				
<b>Kids MT 3-7yrs</b> 5:00PM-5:40PM		<b>Kids MT 3-7 yrs</b> 5:00PM-5:40PM		<b>Mixed Level MT Fitness</b> 5:00PM-6:00PM																	
	<b>Ladies Only MT</b> 5:30PM-6:30PM		<b>Ladies Only MT</b> 5:30PM-6:30PM	<b>Kids Sparring 3-13 yrs</b> 6:00PM-6:30PM																	
<b>Kids MT 7-13 yrs</b> 5:40PM-6:30PM		<b>Kids MT 7-13 yrs</b> 5:40PM-6:30PM																			
<b>Beginner MT</b> 6:30PM-7:30PM	<b>Beginner MT</b> 6:30PM-7:30PM	<b>Beginner MT</b> 6:30PM-7:30PM	<b>Mixed Level MT</b> 6:30PM-7:45PM	<b>Adult Sparring</b> 6:30PM-7:30PM																	
<b>Adv/In MT</b> 7:30PM-9:00PM	<b>Adv/In MT</b> 7:30PM-9:00PM	<b>Adv/In MT</b> 7:30PM-9:00PM		<b>Freestyle Friday</b> 7:30PM-9:00PM																	
			<b>Yoga</b> 8:00PM-9:15PM																		