

DOHJO MUAY THAI & FITNESS

Contact dohjo.muay.thai@gmail.com or 705-931-2011 to book a introduction session

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday	Class Legend
	Tuesday Bootcamp 6:30AM-7:15AM	Wednesday Bootcamp 6:30AM-7:15AM		Friday Bootcamp 6:30AM-7:15AM		C L O S E D	Class Legend
					Kids MT 3-13 yrs 10:00AM-10:50AM		ADULT CLASS OPTIONS
					Mixed Level MT 11:00AM-12:30PM		Ladies ONLY Muay Thai (MT)
	Mixed Level MT 12:00PM-12:45PM	Mixed Level MT 12:00PM-12:45PM		Mixed Level MT 12:00PM-12:45PM			Beginner Muay Thai (MT)
	Open Gym 12:45PM-1:30PM	Open Gym 12:45PM-1:30PM		Open Gym 12:45PM-1:30PM			Intermediate/Advanced Muay Thai (MT)
Open Gym 3:30PM-4:30PM							Mixed Level (Beg/Int/Adv) Striking (MT)
	Special Needs MT 4:30PM-5:30PM		Mixed Level Boxing 4:30PM-5:30PM				Fitness Classes
Kids MT 3-7yrs 5:00PM-5:40PM	Ladies Only MT 5:30PM-6:30PM	Kids MT 3-7 yrs 5:00PM-5:40PM	Mixed Level Kickboxing 5:30PM-6:30PM	Kids MT 3-13 yrs 5:15PM-6:00PM			B.J.J/Judo
Kids MT 7-13 yrs 5:40PM-6:30PM		Kids MT 7-13 yrs 5:40PM-6:30PM		Kids Sparring 3-13yrs 5:15PM-6:00PM			Open Gym
Beginner MT 6:30PM-7:30PM	Beginner MT 6:30PM-7:30PM	Beginner MT 6:30PM-7:30PM	Thursday Fitness 6:30PM-7:30PM	Mixed Level MT 6:00PM-7:00PM			KIDS CLASS OPTIONS
Intermediate & Advanced MT 7:30PM-9:00PM	Intermediate & Advanced MT 7:30PM-9:00PM	Intermediate & Advanced MT 7:30PM-9:00PM		Adult Sparring 7:00PM-8:00PM		Kids Muay Thai Ages 3-7 yrs old (MT)	
				Freestyle Friday 8:00PM-9:00PM		Kids Muay Thai Ages 7-13 yrs old (MT)	
						Kids Muay Thai Ages 3-13 yrs old (MT)	
						Special Needs Kids MT	

