

DOHJO MUAY THAI & FITNESS

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

Start Times	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday													
6:30AM	Mood Cure Mon 45 mins		Wake Up Wed 45 mins		Full Throttle Fri 45 mins		CLOSED!!! <table border="1"> <tr><td>Class Legend</td></tr> <tr><td>ADULT CLASS OPTIONS</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>KIDS CLASS OPTIONS</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> </table>	Class Legend	ADULT CLASS OPTIONS	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	KIDS CLASS OPTIONS	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)
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10:00AM						Kids MT 3-13 yrs 50 mins														
11:00AM						Mixed Level MT 90mins														
12:00PM	Max Monday 45 mins		Weight Loss Wed 45 mins		Take a Biz Lunch 45 mins															
12:45PM	Open Gym 45 mins		Open Gym 45 mins		Open Gym 45 mins															
3:30PM	Mixed Level MT 75 mins																			
4:30PM		Strength and Conditioning 60 mins		Kettlebell Class 60 mins																
5:00PM	Kids MT 3-7yrs 40 mins		Kids MT 3-7 yrs 40 mins																	
5:30PM		Ladies Only MT 60 mins		Ladies Only MT 60 mins	Kids Sparring 3-13 yrs 40 mins															
5:45PM	Kids MT 7-13 yrs 50 mins		Kids MT 7-13 yrs 50 mins																	
6:30PM		Beginner MT 60 mins	Beginner MT 60 mins	Mixed Level MT 75 mins	Adult Sparring 60 mins															
6:45pm	Adv/In MT 60 mins																			
7:30PM		Adv/In MT 90 mins	Adv/In MT 90 mins		Freestyle Friday 90mins															
8:00PM	Yoga 75 mins			Yoga 75 mins																