

# 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

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		<b>CLOSED!!!</b>  <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)
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	Yoga 75 mins	Freestyle Friday 90mins		
8:00PM	Yoga 75 mins						