

DOHJO MUAY THAI & FITNESS WEEKLY SCHEDULE

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday	Class Legend
	Tuesday Mixed Level MT & Fitness 6:30AM-7:15AM	Wednesday Mixed Level MT & Fitness 6:30AM-7:15AM		Friday Mixed Level MT & Fitness 6:30AM-7:15AM		C L O S E D	Class Legend
					Squid/Kraken Kids 4-13 yrs 10:00AM-10:50AM		Ladies ONLY Muay Thai Kickboxing
					Mixed Level MT 11:00AM-12:30PM		Beginner Muay Thai (MT)
	Mixed Level MT 12:00PM-12:45PM	Mixed Level MT 12:00PM-12:45PM	Thursday Mixed Level MT & Fitness 12:00PM-12:45PM	Mixed Level MT 12:00PM-12:45PM			Intermediate Muay Thai (MT)
	Open Gym 12:45PM-1:30PM	Open Gym 12:45PM-1:30PM	Open Gym 12:45PM-1:30PM	Open Gym 12:45PM-1:30PM			Mixed Level (Beg/Int/Adv) Striking (MT, Boxing, Kickboxing)
							Fitness Classes
Open Gym 4:00PM-5:00PM	Special Needs MT 4:30PM-5:30PM		Mixed Level Boxing 4:30PM-5:30PM				Open Gym
Squid Kids 4-7yrs 5:00PM-5:40PM		Squid Kids 4-7yrs 5:00PM-5:40PM		Squid/Kraken Kids 4-13 yrs 5:10PM-6:00PM			KIDS CLASS OPTIONS
Kraken Kids 7-13yrs 5:40PM-6:30PM	Ladies Only Kickboxing 5:30PM-6:30PM	Kraken Kids 7-13yrs 5:40PM-6:30PM	Thursday Mixed Level MT & Fitness 5:30PM-6:30PM	Competition Kids Sparring 5-13yrs 5:10PM-6:00PM			Squid Kids Muay Thai Ages 4-7 yrs old (MT)
Beginner MT 6:30PM-7:30PM	Beginner MT 6:30PM-7:30PM	Beginner MT 6:30PM-7:30PM	Beginner MT 6:30PM-7:30PM	Freestyle Friday 6:00PM-7:00PM			Kraken Kids Muay Thai Ages 7-13 yrs old (MT)
Intermediate MT 7:30PM-8:30PM	Intermediate MT 7:30PM-8:30PM	Intermediate MT 7:30PM-8:30PM	Intermediate MT 7:30PM-8:30PM	Mixed Level Sparring 7:00PM-8:00PM		Kids Muay Thai Ages 4-13 yrs old (MT)	
Competition Team Fitness 8:30PM-9:00PM	Competition Team Sparring & Pads 8:30PM-9:00PM	Competition Team Clinching 8:30PM-9:00PM	Stretch It Out 8:30PM-9:00PM	Competition Team Sparring 8:00PM-8:30PM		Special Needs MT	
						Check Our Dohjo Member's ONLY Facebook Group for our weekly "EARLIER" morning fitness classes!	