

## DOHJO MUAY THAI & FITNESS WEEKLY SCHEDULE

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday	Class Legend
	<b>Tuesday Mixed Level MT &amp; Fitness</b> 6:30AM-7:15AM	<b>Wednesday Mixed Level MT &amp; Fitness</b> 6:30AM-7:15AM		<b>Friday Mixed Level MT &amp; Fitness</b> 6:30AM-7:15AM		C L O S E D	<b>Class Legend</b> <b>ADULT CLASS OPTIONS</b> Ladies ONLY Muay Thai Kickboxing Beginner Muay Thai (MT) Intermediate Muay Thai (MT) Mixed Level (Beg/Int/Adv) Striking (MT, Boxing, Kickboxing) Fitness Classes Open Gym <b>KIDS CLASS OPTIONS</b> Squid Kids Muay Thai Ages 4-7 yrs old (MT) Kraken Kids Muay Thai Ages 7-13 yrs old (MT) Kids Muay Thai Ages 4-13 yrs old (MT) Special Needs MT
					<b>Squid/Kraken Kids 4-13 yrs</b> 10:00AM-10:50AM		
					<b>Mixed Level MT</b> 11:00AM-12:30PM		
	<b>Mixed Level MT</b> 12:00PM-12:45PM	<b>Mixed Level MT</b> 12:00PM-12:45PM		<b>Mixed Level 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>Open Gym</b> 4:00PM-5:00PM	<b>Special Needs MT</b> 4:30PM-5:30PM		<b>Mixed Level Boxing</b> 4:30PM-5:30PM				
<b>Squid Kids 4-7yrs</b> 5:00PM-5:40PM		<b>Squid Kids 4-7yrs</b> 5:00PM-5:40PM		<b>Squid/Kraken Kids 4-13 yrs</b> 5:10PM-6:00PM			
<b>Kraken Kids 7-13yrs</b> 5:40PM-6:30PM	<b>Ladies Only Kickboxing</b> 5:30PM-6:30PM	<b>Kraken Kids 7-13yrs</b> 5:40PM-6:30PM	<b>Thursday Mixed Level MT &amp; Fitness</b> 5:30PM-6:30PM	<b>Competition Kids Sparring 5-13yrs</b> 5:10PM-6:00PM			
<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>Beginner MT</b> 6:30PM-7:30PM	<b>Freestyle Friday</b> 6:00PM-7:00PM			
<b>Intermediate MT</b> 7:30PM-8:30PM	<b>Intermediate MT</b> 7:30PM-8:30PM	<b>Intermediate MT</b> 7:30PM-8:30PM	<b>Mixed Level MT</b> 7:30PM-8:30PM	<b>Mixed Level Sparring</b> 7:00PM-8:00PM			
<b>Competition Team Fitness</b> 8:30PM-9:00PM	<b>Competition Team Sparring &amp; Pads</b> 8:30PM-9:00PM	<b>Competition Team Clinching</b> 8:30PM-9:00PM	<b>Open Gym</b> 8:30PM-9:00PM	<b>Competition Team Sparring</b> 8:00PM-8:30PM			

Check Our Dohjo Member's ONLY Facebook Group for our weekly "EARLIER" morning fitness classes!