

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
					Squid/Kraken Kids 4-13 yrs 10:00AM-10:50AM		
					Mixed Level MT 11:00AM-12:30PM		
	Mixed Level MT 12:00PM-1:00PM	Mixed Level MT 12:00PM-1:00PM		Mixed Level MT 12:00PM-1:00PM			
	Open Gym 1:00PM-1:30PM	Open Gym 1:00PM-1:30PM		Open Gym 1:00PM-1:30PM			
Open Gym 4:00PM-5:00PM	Special Needs MT 4:30PM-5:30PM		Mixed Level Boxing 4:30PM-5:30PM				
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			
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				
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			
Intermediate MT 7:30PM-9:00PM	Intermediate MT 7:30PM-9:00PM	Intermediate MT 7:30PM-9:00PM	Mixed Level Clinch 7:30PM-8:00PM Stretch & Roll 8:00PM-8:30PM Open Gym 8:30PM-9:00PM	Mixed Level Sparring 7:00PM-8:30PM			

Class Legend
ADULT CLASS OPTIONS
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
KIDS CLASS OPTIONS
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

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