

dojang

studio martial arts training

a place to study the way

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
6am & 7am	BOOTCAMP		BOOTCAMP		BOOTCAMP		
9:00-10:00am	 <p>Personal Training 9am - 3pm</p>					Kids Class	
10:00-10:30am						Kids Training	10:30-11:30am Kids Class
10:30-11:30am						Kids Class	12:00-1:00pm Kids Training
Noon - 1:00pm						DEMO TEAM	1:00 - 2:00pm Open Practice
2:00 - 3:00pm						Youth Martial Arts	
3:30 - 4:00pm	Kids Training	Kids Training	Kids Training	Kids Training	Kids Training	Youth Martial Arts	
4:00 - 5:00pm	Kids Class	Kids Class	Kids Class	Kids Class	Kids Class	2:00 - 5:00pm Personal Training B-Day Parties Special events	2:00 - 5:00pm Personal Training B-Day Parties Special events
5:15 - 6:15pm	Kids Class	Kids Class	Kids Class	Kids Class	Kids Class		
6:30 - 7:30pm	Youth Martial Arts	Youth Martial Arts	Youth Martial Arts	Youth Martial Arts	Kids/Youth Sparring		
7:30 - 8:30pm	Adult Martial Arts	Youth Martial Arts	Adult Martial Arts	Youth Martial Arts	Adult Sparring		
8:30 - 9:30pm	Adult Muay Thai	Adult Martial Arts	Adult Muay Thai	Adult Ju Jitsu			