

dojang

STUDIO MARTIAL ARTS TRAINING

POINT GREY

A PLACE TO STUDY THE WAY

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
6 & 7AM	BOOTCAMP		BOOTCAMP		BOOTCAMP		
9:00 - 10:00am	Personal Training	Personal Training	Personal Training	Personal Training	Personal Training	Kids Class	Kids PT 10am 30min
10:30 - 11:30am	Ladies Only Martial Arts	Personal Training	Ladies Only Martial Arts	Personal Training	Ladies Only Martial Arts	Kids Class	Kids Class
Noon - 1:00pm	Personal Training	12:00 – 1:00pm Muay Thai Boxing	Personal Training	12:00 – 1:00pm Muay Thai Boxing	Personal Training	noon – 1:00pm DEMO TEAM	11:30 – 1:00pm B-Day Parties
2:00 – 3:00pm	Personal Training	Personal Training	Personal Training	Personal Training	Personal Training		
3:00 – 4:00pm	Kids Class		Kids Class			1:00 – 2:00pm Youth Martial Arts	1:00 – 2:00pm Open Training
4:00 – 5:00pm	Kids Class	Kids Class	Kids Class	Kids Class	Kids Class	2:00 – 5:00pm Personal Training	2:00 – 8:00pm Personal Training
5:15 – 6:15pm	Kids Class	Youth Martial Arts	Kids Class	Youth Martial Arts	Kids Class	B-Day Parties	B-Day Parties
6:30 – 7:30pm	Youth Martial Arts	Youth Martial Arts	Youth Martial Arts	Youth Martial Arts	Youth Martial Arts	special events	special events
7:30 – 8:30pm	Adult Martial Arts	Adult Martial Arts	Adult Martial Arts	Adult Martial Arts	Adult Martial Arts		
8:30 – 9:30pm		JU JITSU TRAINING		JU JITSU TRAINING			