

dojang

studio martial arts training

a place to study the way

KITSILANO

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	Sunday
6am & 7am	BOOTCAMP		BOOTCAMP		BOOTCAMP		
9:00 – 10:00am	Personal Training	Personal Training	Personal Training	Personal Training	Personal Training	Kids Class	
10:30 – 11:30am	Personal Training	Personal Training	Personal Training	Little Kids 45 min	Personal Training	Kids Class All Girls	
Noon-1:00pm	Personal Training	Personal Training	Personal Training	Personal Training	Personal Training	team dojang	special events
3:15 - 4:00pm	Kids PT 3:30 30min.	Little Kids	Kids PT 3:30 30min.	Little Kids	Kids PT 3:30 30min.		
4:00 – 5:00pm	Kids Class	Kids Class	Kids Class	Kids Class	Kids Class	1:00 – 2:00pm Youth Martial Arts	
5:00 - 6:00pm	Kids PT 30min.	Advanced Kids Class	Advanced Kids Class	Advanced Kids Class	Kids PT 30min.		
5:30 – 6:30pm	Youth Martial Arts				Youth Martial Arts		
6:00 – 7:00pm		Youth Martial Arts	Youth Martial Arts	Youth Martial Arts			
7:00 – 8:00pm	Adult Martial Arts	Adult Martial Arts	Adult Martial Arts	Youth Martial Arts	Adult Martial Arts	2:00 – 5:00pm Personal Training	
8:15pm Specialty Class		SWORD TRAINING		NIN JITSU TRAINING	OPEN SPARRING		