

dojang

studio martial arts training
a place to study the way

POINT GREY

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	Ladies Only Martial Arts	Ladies Only Martial Arts	Little Kids 45 min	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	11:45 - 12:45pm Stretch-Strength	11:45 - 12:45pm Stretch-Strength
2:00 - 3:00pm	Personal Training	Personal Training	Personal Training	Personal Training	Personal Training		
3:00 - 3:45pm	Little Kids	Kids PT 3:30 30min.	Kids PT 3:30 30min.	Little Kids	Kids PT 3:30 30min.	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 Thai Massage 1Hr.
5:15 - 6:15pm	Kids Class	Youth Martial Arts	Kids Class	Youth Martial Arts	Kids Class		
6:30 - 7:30pm	Youth Martial Arts	Youth Martial Arts	Youth Martial Arts	Youth Martial Arts	Youth Martial Arts		
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			