

# The Dojo



	Monday	Tuesday	Wednesday	Thursday (GI DAY)	Friday	Saturday	Sunday
<b>Morning</b>	<b>6:00 – 7:00</b> <b>“Start the weak strong”</b>  <b>9:30 – 10:30</b> <b>Women only fitness class</b>		<b>6:00 – 7:00</b> <b>Pads fitness</b>		<b>6:00 – 7:00</b> <b>Fitness circuit</b>	<b>8:30 – 9:30</b> <b>Hard training (ADULTS)</b>  <b>10:00 – 11:00</b> <b>Kids Saturday class</b>	<b>10:00 – 12:00</b> <b>Adults full sparring</b>
<b>Evening (Kids)</b>	<b>6:30 – 7:30</b> <b>Children P1 – P4</b>  <b>7:30 – 8:30</b> <b>Children P5 +</b>		<b>6:30 – 7:30</b> <b>Children P1 – P4</b>  <b>7:30 – 8:30</b> <b>Children P5 +</b>	<b>6:30 – 7:30</b> <b>Children P1 – P4</b>  <b>7:30 – 8:30</b> <b>Children P5 +</b>			
<b>Evening (adults)</b>	<b>8:30 – 10:00</b> <b>Full pads and stand-up technique class</b>	<b>6:30 – 8:00</b> <b>Karate Jutsu for MMA sparring technique</b>  <b>8:00 – 9:00</b> <b>Women only fitness class</b>	<b>8:30 – 10:00</b> <b>Grappling tegumi session</b>	<b>8:30 – 10:00</b> <b>Adults Gi night</b>			