



## Teens and Adults Summer 2024

### Monday:

9:00-10:00 Thai Kickboxing (Tiger Dojo)  
6:00-6:30 Karate Forms (Tiger Dojo)  
6:30-7:30 Teen and Adult Karate (Tiger Dojo)  
7:00-8:00 Irish Stick Fighting (Leopard Dojo)

### Tuesday:

8:30-9:30 Combatives (Leopard Dojo)  
9:15-10:15 Teen and Adult Karate (Tiger Dojo)  
6:00-7:00 Adult Black Belt (Leopard Dojo)  
6:00-6:45 Teens (Tiger Dojo)  
7:00-8:00 Thai Kickboxing (Tiger Dojo)

### Wednesday:

8:30-9:30 Thai Kickboxing (Tiger Dojo)  
3:45-4:30 Teens (Tiger Dojo)  
4:30-5:15 Young Warrior Women (Leopard Dojo)  
6:45-7:45 Black Belt Kickboxing (Leopard Dojo)  
7:00-8:00 Teen and Adult Karate (Tiger Dojo)

### Thursday:

8:30-9:30 Combatives (Leopard Dojo)  
9:15-10:15 Teen and Adult Karate (Tiger Dojo)  
6:15-7:00 Stick and Knife Fighting (Leopard Dojo)  
7:00-8:00 Thai Kickboxing (Tiger Dojo)

### Friday:

8:30-9:30 Thai Kickboxing (Tiger Dojo)  
6:30-7:30 Teen and Adult Karate (Tiger Dojo)

### Saturday:

9:00-10:00 Thai Kickboxing (Tiger Dojo)  
10:00-10:30 Thai Kickboxing Forms and Self Defense (Tiger Dojo)  
10:30-11:00 Karate Forms (Tiger Dojo)  
11:00-12:00 Teen and Adult Karate (Tiger Dojo)