



THE DOJO Teen and Adult Fall 2024

Monday:

9:00-10:00 Thai Kickboxing (Tiger Dojo)
6:00-6:30 Karate Forms (Tiger Dojo)
6:00-6:30 Teen and Adult Sparring *All Ranks* (Leopard Dojo)
6:30-7:30 Teen and Adult Karate (Tiger Dojo)

Tuesday:

6:00-7:00 Adult Black Belt (Leopard Dojo)
6:00-6:45 Teens (Tiger Dojo)
7:00-8:00 Thai Kickboxing (Tiger Dojo)
7:00-8:00 Irish Stick Fighting (Leopard Dojo)

Wednesday:

7:30-8:30 Thai Kickboxing (Tiger Dojo)
3:45-4:25 Teens (Tiger Dojo)
4:30-5:10 Young Warrior Women (Leopard Dojo)
7:00-8:00 Teen and Adult Karate (Tiger Dojo)

Thursday:

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)