



Teens and Adults Summer 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 (Leopard Dojo)
- 6:30-7:30 Teen and Adult Karate (Tiger 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)