



Teens and Adults Summer 2022

Monday:

- 9:15-10:15 Thai Kickboxing (Tiger Dojo)
- 5:45-6:30 Grappling (Leopard Dojo)
- 6:00-6:30 Karate Forms (Tiger Dojo)
- 6:30-7:30 Teen and Adult Karate (Tiger Dojo)
- 7:15-8:00 Tai Chi Self Defense (Leopard Dojo)

Tuesday:

- 8:00-9:00 Tai Chi Yang Style Short Form (Leopard Dojo)
- 8:15-9:15 Combatives (Tiger Dojo)
- 9:00-10:00 Martial Tai Chi (Leopard Dojo)
- 10:00-11:00 Wudang Kung Fu (Leopard Dojo)
- 11:00-12:00 Tai Chi Open Practice (Leopard Dojo)
- 9:15-10:15 Teen and Adult Karate (Tiger Dojo)
- 6:00-7:00 Adult Black Belt (Tiger Dojo)
- 6:00-6:45 Teens (Leopard Dojo)
- 7:00-8:00 Thai Kickboxing (Tiger Dojo)

Wednesday:

- 8:30-9:30 Thai Kickboxing (Tiger Dojo)
- 3:45-4:30 Teens (Leopard Dojo)
- 4:30-5:10 Young Warrior Women (Leopard Dojo)
- 7:00-8:00 Teen and Adult Karate (Tiger Dojo)

Thursday:

- 9:15-10:15 Teen and Adult Karate (Tiger Dojo)
- 6:00-7:00 Budokan Yoga (Tiger 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 Sparring (Tiger Dojo)
- 11:00-11:30 Karate Forms (Tiger Dojo)
- 11:30-12:30 Teen and Adult Karate (Tiger Dojo)