

# March Schedule

## MAIN DOJANG

### SUNDAYS:

9:00AM RELAXED KARATE  
10:00AM WORKSHOP

### MONDAYS:

5:00PM LITTLE DRAGONS  
5:45PM FORMS  
6:30PM MIXED LEVELS\*  
7:30PM ADULT BRAZILIAN JIU JITSU

### TUESDAYS:

5:15PM BEGINNERS  
6:15PM MIXED LEVELS  
7:30PM ADULT BRAZILIAN JIU JITSU

### WEDNESDAYS:

5:00PM LITTLE DRAGONS  
5:45PM BEGINNERS  
6:30PM WORKSHOP\*\*  
7:15PM MIXED LEVELS\*

### THURSDAYS: \*\*\*\*

5:00PM LITTLE DRAGONS  
5:45PM BEGINNERS  
6:30PM MIXED LEVELS\*\*\*

### FRIDAYS:

5:30PM YOGA  
CLASSES ONLY ON 3/7 & 3/21  
CASH ONLY - \$10 (TIPS APPRECIATED)

### SATURDAYS:

8:00AM CARDIO/STRIKING  
9:00AM BRAZILIAN JIU JITSU (ALL LEVEL)  
10:00AM MIXED LEVELS  
11:30AM LITTLE DRAGONS

### WHAT'S NEW?

- FITNESS CLASSES
- FORMS CLASS ON MONDAYS AT 5:45
- BEGINNER CLASS ON WEDNESDAYS AT 5:45
- BASICS BREAKDOWN ON THURSDAYS AT 5PM  
(OPEN TO ALL LEVELS)

## STUDIO 1

### MONDAYS:

5:00PM KIDS BRAZILIAN JIU JITSU  
6:00PM MARTIAL FITNESS KICKBOXING\*

### TUESDAYS:

5:30PM STRETCH & SMOOTH YOGA  
6:30PM YOGA\*\*\*\*\*

### WEDNESDAYS:

6:00PM MARTIAL FITNESS KICKBOXING\*

### THURSDAYS:

5:00PM BASICS BREAKDOWN  
5:45PM MOVE WITH MAKAYLA\*

### \*SPARRING NIGHTS:

MARCH 10 & 26

### TOURNAMENT PREP:

WEDNESDAYS DURING 6:30 WORKSHOPS

### \*\*WORKSHOPS:

MARCH 5 - ONE STEPS  
MARCH 12 - SELF DEFENSE  
MARCH 19 - FORMS  
MARCH 26 - ONE STEPS

### \*\*\*WEAPONS NIGHT (ORANGE BELT AND UP):

MARCH 6

### \*\*\*\*FORMS NIGHT:

MARCH 20

### \*\*\*\*\*YOGA WITH YURIKA

MARCH 4 & 18 - 6:30 CLASS - BEGINNERS  
MARCH 11 & 25 - POWER YOGA - ALL LEVEL  
MARCH 7 & 21 - VINYASA YOGA

\*SPECIALTY FITNESS CLASSES -  
NOT INCLUDED WITH TKD/TSD TUITION.  
BUNDLE PRICING AVAILABLE!

 MARTIAL ARTS CLASSES  LITTLE DRAGONS  
 BRAZILIAN JIU JITSU  FITNESS CLASSES