

ADULT AND TEEN EVENING CLASSES

MONDAY

6:00 – 7:00 PM STRENGTH/CORE TRAINING – ALL LEVELS

7:00 – 8:00 PM MUAY THAI CARDIOBOXING

TUESDAY

6:30 – 8:00 PM MIKE'S DOJO JUDO

WEDNESDAY

6:00 – 7:00 PM STRENGTH/CORE TRAINING – ALL LEVELS

THURSDAY

6:30 – 8:00 PM MIKE'S DOJO JUDO

FRIDAY

6:00 – 7:00 PM MUAY THAI CARDIOBOXING

SATURDAY

9:00 – 9:40 AM MARTIAL ARTS – AGES 3 YEARS AND OVER

ALL CLASSES ARE SUBJECT TO
HOLIDAYS, WEATHER – RELATED
CANCELLATION AND CHANGES...CALL
TO CONFIRM (508) 336-0123

ADULTS: \$59/MONTH
TEENS \$39/MONTH
SATURDAY CLASS \$39/MONTH
MAT FEE \$10