

WEEKLY SCHEDULE



Fall 2018: effective October 9th

*Please note that some classes have been updated, added or temporarily removed from our schedule.

*Private Training available everyday.

Please call or email to set up appointment.

MONDAY

4:30-5:30pm Pee-Wee/Juniors Kenpo -Jitsu
(All Levels)

5:30-6:30pm Adult/Juniors Kenpo-Jitsu
(Self-defense/ Combat Conditioning:
All Levels)

6:30-7:30pm Muay Thai
(Fundamentals/Conditioning)

7:30-8:30pm Royce Gracie Jiu Jitsu
(Self-Defense Fundamentals and fighting
techniques)

TUESDAY

10:00-11:00am Muay Thai (All Levels)

5:00PM-6:00pm Juniors Kenpo Jitsu.
(8+ yrs old: All Levels)

5:30-6:15pm Combat Fit (All Levels:
Circuit Training)

*EVENING PRIVATE TRAINING

WEDNESDAY

11:30-12:30pm Gracie Jiu-Jitsu (All Levels)

5:00-6:00pm Juniors Kenpo & Jiu-Jitsu
(8+ All Levels)

6:30-7:30pm Gracie Jiu-Jitsu 'ROLL'
-OPEN MAT Members Only
(White belt, 2 stripes and up/No formal class)

7:30-8:30pm Muay Thai (All Levels)

THURSDAY

6:00-7:00pm * Combat Fit
(Strength, Conditioning & Olympic lifts)
*MUST RSVP each week by 9pm Wednesday.
Email info@zenkidojo.com

6:00-7:00pm 13 + Junior/Adults Kenpo-Jitsu
(Yellow belts and up)

7:30-8:30pm Gracie Jiu-Jitsu
(Self-Defense/Intermediate Ground)

FRIDAY

9:00-10:00am Boxing (Fundamentals)

5:00-5:45pm PeeWee/Juniors Kenpo
& Jiu-Jitsu (ALL LEVELS)
Purple+ option to stay after 6 for sparring/grappling

5:45-6:30pm Pee-Wee/Juniors/Adult Kenpo:
(Purple+ by invite only)

SATURDAY

9:00-10:00am* Combat Fit
(advanced circuit: *by invite only)

10:00-11:00am Muay Thai (All Levels)

12:00-1:00pm Pee-Wee Kenpo & Jiu-Jitsu
(All Levels)

1:00-2:00pm * Gracie Jiu-Jitsu
(NO GI:*by invite only)

SUNDAY

10:00am-1:00pm Open Gym/Mat
ACTIVE MEMBERS ONLY

YOUTH KENPO PROGRAM INFO:

- Pee-Wee Kenpo: 4-8 years old
- Juniors: 8 years and up
- Adult classes: 16 years and up, or by invitation.

ADDITIONALLY:

• Parents, please be advised that to ensure optimum safety, children will not be permitted to enter if they arrive more than 10 minutes prior to class.

•To avoid overcrowded classes, students are required to attend their specific class rank.

•Our facility tends to get crowded. Please do not come to hang out. You are here to train.

•Gym/bag room is always open for members to use, unless space is being occupied for a specific class or by our in-house personal trainers.

•Schedule may change without prior notice. Please check with instructors or events links, or social media for any changes.

•Membership HOLDS and CANCELLATIONS require 30-days written notice.