

WEEKLY SCHEDULE

JUNE: effective Tuesday
6/25/19

***Please note that some classes have been updated, added or temporarily removed from our schedule.**
*Private Training available everyday.
*Call or email to set up appointment.

MONDAY

4:30-5:30pm Pee-Wee/Jrs Kenpo & Jiu-Jitsu
(All Levels combined for summer)

~~**5:15-6:00pm** Juniors/Adult Kenpo & Jiu-Jitsu
(paused for summer)~~

6:00-7:00pm Muay Thai
(Fundamentals/Conditioning)

7:00-8:30pm Royce Gracie Jiu Jitsu
(Self-Defense Fundamentals and fighting techniques)
-No rolling after this class.

TUESDAY

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

~~**5:00PM-6:00pm** Juniors/Adult Kenpo & Jiu-Jitsu
(paused for summer)~~

6:00-6:30pm Combat Fit (All Levels:
Circuit Training)

7:30-8:30pm Royce Gracie Jiu Jitsu
(Advanced fighting/ blue & up or by invitation)

WEDNESDAY

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

4:00-4:45pm Pee-Wee 4-7yrs old
(summer class)

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

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

THURSDAY

5:30-6:00pm Combat Fit: ON RAMP
RSVP required email info@zenkiojo.com

~~**6:00-7:00pm** 12+ Junior/Adults Kenpo &
Gracie Jiu-Jitsu (paused until further notice)
(All Levels 13+ years old OR by invitation)~~

6:00-7:00pm Combat Fit
(Compound lifts and movement)

7:00-8:00pm Boxing
(Advanced Combos)

FRIDAY

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

5:00-5:45pm Pee-Wee/Juniors Kenpo
& Jiu-Jitsu (ALL LEVELS)

5:45-6:30pm Pee-Wee/Juniors/Adult
Advanced Sparring/ Kenpo & Jiu Jitsu:
(Purple belts and above, by invite only)

6:30-7:30pm (First Fridays ONLY) Adult Sparring
(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/Juniors
Kenpo & Jiu-Jitsu (All Levels)

SELF-DEFENSE PRIVATES AVAILABLE:
12 session minimum and advanced notice
required: email info@zenkidojo.com to schedule

ADDITIONALLY:

SUNDAY: PIZZA/DONUTS

- **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.
- Private training sessions available 7 days/ week.
- Membership HOLDS and CANCELLATIONS require 30-days written notice. Email info@zenkidojo.com