

HEIHO DOJO ADULT 14+ WEEKLY CLASS SCHEDULE:

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
1:00PM		BJJ SPARRING Gi / No Gi 1:30pm to 2:30pm		BJJ SPARRING Gi / No Gi 1:30pm to 2:30pm	
6:00PM		GI BJJ Newbie Adult 6:00pm to 6:45pm		GI BJJ Newbie Adult 6:00pm to 6:45pm	
	NO GI BJJ Adult Class 6:00pm to 7:30pm	MUAY THAI Co-Ed 6:00pm to 7:00pm	GI BJJ Adult Class 6:00pm to 7:30pm	MUAY THAI Adult 6:00pm to 7:00pm	MMA Fundamentals Adult Class 6:00pm to 7:30pm
		BJJ Open Mat 6:00pm to 7:30pm		BJJ Open Mat 6:00pm to 7:30pm	
7:00PM		MUAY THAI Sparring 7:00pm to 7:30pm		MUAY THAI Sparring 7:00pm to 7:30pm	
7:30PM	MUAY THAI Team Sparring 7:30pm to 8:30pm		BJJ Team Sparring 7:30pm to 8:30pm		
	Heiho Dojo is closed on Saturdays, Sundays and all Stat. holidays. BJJ Newbie classes are designed for people that have never trained BJJ. ALL Adult Sparring classes have mandatory safety equipment for participation. GI BJJ Mandatory Equipment: - Clean Gi (Uniform) - Clean BJJ Belt (Of your current rank) - Clean Rash-guard (or tight fitting shirt for under the Kimono) - Mouthguard (No piercings, rings, watches, jewelry etc. while training)				
	NO-GI BJJ Mandatory Equipment: - Clean Rash-guard (or tight fitting shirt) - Mouthguard (No piercings, rings, watches, jewelry etc. while training) - Shorts or Spats with Shorts (Spats must be worn with shorts) MUAY THAI Mandatory Equipment: - 16oz. Boxing / Muay Thai Gloves (Needed for regular class and Sparring) - Shin Pads (Needed for regular class and Sparring) - Mouthguard (No piercings, rings, watches, jewelry etc. while training) (Needed for Sparring). - Elbow & Knee Pads (Needed for Sparring)				

HEIHO DOJO KIDS 4YRS.+ WEEKLY CLASS SCHEDULE:

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
1:00PM				HOMESCHOOL MUAY THAI Co-Ed 1:00pm to 1:30pm	
1:30PM		BJJ HOMESCHOOL Gi / No Gi 1:30pm to 2:30pm		BJJ HOMESCHOOL Gi / No Gi 1:30pm to 2:30pm	
4:00PM	TOTS GI BJJ Ages 4 - 6 4:00pm to 4:30pm	TOTS MUAY THAI Ages 4 - 6 4:00pm to 4:30pm	TOTS GI BJJ Ages 4 - 6 4:00pm to 4:30pm	TOTS MUAY THAI Ages 4 - 6 4:00pm to 4:30pm	
5:00PM	KIDS GI BJJ Ages 7 - 9 5:00pm to 5:50pm	KIDS MUAY THAI Ages 7 - 9 5:00pm to 5:50pm	KIDS GI BJJ Ages 7 - 9 5:00pm to 5:50pm	KIDS MUAY THAI Ages 7 - 9 5:00pm to 5:50pm	
	KIDS NO GI BJJ Ages 10 - 13+ 5:00pm to 5:50pm	KIDS MUAY THAI Ages 10 - 13+ 5:00pm to 5:50pm	KIDS GI BJJ Ages 10 - 13+ 5:00pm to 5:50pm	KIDS ADV. MUAY THAI Ages 10 - 13+ 5:00pm to 5:50pm	
					KIDS COMP CLASS Ages 6 - 16 5:00pm to 6:30pm
	<i>Heiho Dojo is closed on Saturdays, Sundays and all Stat. holidays. Our Homeschool classes run from September to June. Kids Advanced Muay Thai has mandatory safety equipment for participation. And is invite only. Kids Competition classes are invite only.</i>				