

HEIHO DOJO CLASS SCHEDULE

Days	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
9:15am	True Fit Fusion Women's Fitness 9:15am to 10:15am					
11:30am						Open Mats All Styles 11:30am to 1:30pm
1:00pm		BJJ SPARRING Gi / No Gi 1:00pm to 2:00pm		BJJ SPARRING Gi / No Gi 1:00pm to 2:00pm		
1:30pm		HOMESCHOOL BJJ Gi Age: 6+ 1:30pm to 2:30pm		HOMESCHOOL Muay Thai Age: 6+ 1:30pm to 2:30pm		
4:00pm	TOTS BJJ Ages: 3 - 5 4:00pm to 4:30pm	TOTS MUAY THAI Ages: 3 - 5 4:00pm to 4:30pm	TOTS BJJ Ages: 3 - 5 4:00pm to 4:30pm	TOTS MUAY THAI Ages: 3 - 5 4:00pm to 4:30pm		
5:00pm	KIDS BJJ Ages: 5 - 9 5:00pm to 5:50pm	KIDS MUAY THAI Ages: 5 - 9 5:00pm to 5:50pm	KIDS BJJ Ages: 5 - 9 5:00pm to 5:50pm	KIDS MUAY THAI Ages: 5 - 9 5:00pm to 5:50pm	KIDS COMP Ages: 5 - 9 5:00pm to 6:30pm	
5:00pm	KIDS NO GI BJJ Ages: 9 - 13 5:00pm to 5:50pm	KIDS MUAY THAI Ages: 9 - 13 5:00pm to 5:50pm	KIDS BJJ Ages: 9 - 13 5:00pm to 5:50pm	ADV. MUAY THAI Ages: 9 - 13 5:00pm to 5:50pm	KIDS COMP Ages: 9 - 13 5:00pm to 6:30pm	
6:00pm		GI BJJ Newbie Adult 6:00pm to 6:45pm		GI BJJ Newbie Adult 6:00pm to 6:45pm		
6:00pm	GI BJJ Adult Class 6:00pm to 7:30pm	BJJ Open Mat 6:00pm to 7:30pm	GI BJJ Adult Class 6:00pm to 7:30pm	BJJ Open Mat 6:00pm to 7:30pm	NO GI BJJ Adult 6:00pm to 7:30pm	
6:00pm		MUAY THAI Adult Class 6:00pm to 7:00pm		MUAY THAI Adult Class 6:00pm to 7:00pm		
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 GI & NO GI Team Sparring 7:30pm to 8:30pm			

Heiho Dojo is closed on Sundays and all Stat. holidays.

Our Homeschool classes run from September to June.

Kids Advanced Muay Thai has mandatory safety equipment for participation.

Kids Competition classes are by invite only.

BJJ Newbie classes are designed for people that have never trained BJJ.

ALL Adult Sparring classes have mandatory safety equipment for participation.

