

THE DOJO
Teen and Adult Schedule

Fall 2017

MONDAY :	9:15-10:15	Kickboxing (Tiger Dojo)	
	6:15-7:15	A.C.T.	
	6:45-7:45	Teen and Adult Kempo (Tiger Dojo)	
TUESDAY:	9:15-10:15	Adult Kempo (Tiger Dojo)	9:15-10:30 A.C.T. (Leopard Dojo)
	1:00-2:00	Adult Kempo (Tiger Dojo)	
	3:15—4:00	Teens	
	6:00-6:45	Black Belts (Tiger Dojo)	
	6:45-7:15	Weapons (Tiger Dojo)	
	7:15-8:15	Kickboxing (Tiger Dojo)	
WEDNESDAY	8:15-9:15	Budokon Yoga (Tiger Dojo)	
	9:15-10:15	Kickboxing (Tiger Dojo)	
	7:00-8:00	Teen and Adult Kempo (Tiger Dojo)	
	7:00-8:30	Tai Chi (Leopard Dojo)	
THURSDAY:	6:00-6:45	Cardio Class (Tiger Dojo)	
	9:15-10:15	Adult Kempo (Tiger Dojo)	9:15-10:30 A.C.T. (Leopard Dojo)
	10:30-11:30	Tai Chi (Leopard Dojo)	
	1:00-2:00	Adult Kempo (Tiger Dojo)	
	3:15—4:00	Teens	
	6:15-7:15	Budokan Yoga (Tiger Dojo)	
	6:15-6:45	Open Practice (Leopard Dojo)	
	7:15-8:15	Kickboxing (Tiger Dojo)	
FRIDAY:	9:15-10:15	Kickboxing (Tiger Dojo)	
	6:15-6:45	Open Practice (Leopard Dojo)	
	6:15-6:45	Weapons (Leopard Dojo)	
	6:45-7:45	Teen and Adult Kempo (Tiger Dojo)	
	7:45-8:15	Teen/Adult Sparring/Grapppling (Tiger Dojo)	
SATURDAY:	8:15-9:00	Kempo Forms (Dragon Dojo)	
	9:00-10:00	Kickboxing (Tiger Dojo)	
	10:00-10:30	Kickboxing Forms and Self Defense (Tiger Dojo)	
	10:30-11:15	Grapppling/Sparring (Leopard Dojo)	
	11:15-12:15	OPEN PRACTICE (Leopard Dojo's)	
	12:00-1:00	Teen and Adult Kempo (Tiger Dojo)	

THE DOJO

a Tokyo Joe's Studio

Salisbury, Mass.

978-499-8800

www.thedojosalisbury.com

We ask that all students arrive at least 5 minutes before class starts, and be ready to go, with their cards, when the gong rings.

Students are expected to be in uniform.

Storm Cancellations

E-mail notification will be sent by 7:00am for morning class cancellations, and again by 2:00pm for classes 3:00 and later.

Fall Promotions:

September 29 & 30

October 27 & 28

November 17 & 18

December 15 & 16

Promotion Schedule:

Friday Evenings

6:00 – 8:00: Teen and Adult Kempo

Saturdays:

8:00-10:00 Kickboxing

10:00-11:00 Panthers and Dragons

11:00-12:00 Juniors (Students Only)

12:00-1:00 Juniors (Ceremony with Family)

Questions about promotions?

Check out the Student Guide at www.thedojosalisbury.com.