Dojo 3

(*) Please RSVP for 7:30am CrossFit @ Linh@dojo3.com

	MONDAY			TUESDAY			WEDNESDAY			THURSDAY			FRIDAY			SATURDAY			SUN	
TIME	Room 1	Room 2	Room 3	Room 1	Room 2	Room 3	Room 1	Room 2	Room 3	Room 1	Room 2	Room 3	Room 1	Room 2	Room 3	Room 1	Room 2	Room 3	Room 2	TIME
7:30am	*CrossFit			*CrossFit			*CrossFit			*CrossFit			*CrossFit							7:30am
7:45am																	Z			7:45am
8:00am																Krav II/III				8:00am
8:15am																				8:15am
8:30am																				8:30am
8:45am																				8:45am
9:00am	CrossFit	Z		CrossFit			CrossFit			CrossFit	Z		CrossFit	Z		Krav I	Z	Ballet Barre (Adult)		9:00am
9:15am																				9:15am
9:30am						Ballet Barre (Adult)			Ballet Barre (Adult)											9:30am
9:45am																				9:45am
10:00am								Z								CrossFit				10:00am
10:15am																		Creative Movement (35min)		10:15am
10:30am																				10:30am
10:45am																				10:45am
11:00am						Ballet Barre (Adult)			Ballet Barre (Adult)							Intro to Krav	MF Dance	Contemporary (Adult)		11:00am
11:15am			Creative Movement (35min)																	11:15am
11:30am																				11:30am
11:45am																				11:45am
12:00pm	Krav I/II		Ballet Barre	CrossFit	Z		Krav I/II		Ballet Barre	CrossFit	Z		CrossFit					Ballet Barre	MF Dance	12:00pm
1:00pm																				1:00pm
2:00pm																				2:00pm
3:00pm														Staff					Z	3:00pm
4:00pm	Krav I/II	Z		Krav I	Z		CrossFit	Krav I		Krav II			CrossFit	Krav I						4:00pm
4:15pm																				4:15pm
4:30pm			Hip Hop (Ages 5-7)			Tiny Tap/ Jazz (Ages 5-7)			Lil Ballerina (Ages 5-7)			Ballet/ Lyrical (Kids)			Ballet Barre (Adult)					4:30pm
4:45pm																				4:45pm
5:00pm	CrossFit			Int/Adv			Leadership			CrossFit			Int/Adv							5:00pm
5:15pm																				5:15pm
5:30pm		MF Dance	Jazz/ Musical Theatre (Kids)		Z	Tap (Adult)		Z	Ballet Barre (Members Only)		MF Dance	Ballet Barre (Members only)		Hip Hop (Adult)	Apprenticeship					5:30pm
5:45pm																				5:45pm
6:00pm	Int/Adv			CrossFit (Members Only)			Spar			Int/Adv			CrossFit							6:00pm
6:15pm																				6:15pm
6:30pm																				6:30pm
6:45pm		Z	Ballet Barre (Members Only)		Z	Jazz/ Burlesque (Adult)		MF Dance	Hip Hop (Adult)		Z	Jazz/ Burlesque (Adult)		MF Dance	Hip Hop (Ages 8+)					6:45pm
7:00pm	Krav II			Krav II			Krav II			Krav I			Krav I							7:00pm
7:15pm																				7:15pm
7:30pm																				7:30pm
7:45pm																				7:45pm
8:00pm	Krav I	MF CLUB		Krav I	MF Dance	Ballet Barre (Members Only)	Krav III	Z	Turns, Leaps & Techniques (Adult)	Krav II/III	Z	Contemporary (Adult)	Krav II	CLUB D						8:00pm
8:15pm																				8:15pm
8:30pm																				8:30pm
8:45pm																				8:45pm
9:00pm	CrossFit			CrossFit			CrossFit	Krav I		CrossFit										9:00pm
10:00pm																				10:00pm