



# DOJO KARATE - Rogers

DOJOKARATE.COM

(763) 425-2900

*Effective  
Sept. 19th,  
2011*

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	
5:45 Yoga Adult	11:30 White - Black Juniors	9:15 Yoga Adult	11:30 White - Black Juniors		9:00 Cardio Kickboxing Adults	
<b>*PAD DAY*</b>	12:00 White - Black Adult	<b>*PAD DAY*</b>	12:00 White - Black Adult		10:00 Green & Above Sparring Juniors	
	4:15 Mighty Dragons (Hand Pad Day)		4:15 Red & Above Junior		4:15 Mighty Dragons (Hand Pad Day)	4:15 Mighty Dragons All Belts
4:45 No Belt / White Belt Junior	4:45 Purple / Blue / Adv. Blue Junior	4:45 No Belt / White Belt Junior	4:45 Red & Above Junior		4:30 Cardio Kickboxing Juniors	11:00 Beginning Bo Class <b>(BBC / Masters)</b>
5:15 Purple Belt Junior	5:15 Forms Class Junior	5:15 Gold / Green Junior	5:30 Green Belt Junior		5:00 Xtreme Martial Arts <b>(BBC / Masters)</b>	11:30 Advanced Bo Class <b>(BBC / Masters)</b>
5:45 Red & Above Junior	5:45 Gold / Green Junior	5:45 Purple / Blue / Adv. Blue Junior	6:00 Forms Class Junior		5:30 Leadership Class <b>(BBC / Masters)</b>	12:00 Green & Above Junior & Adult
6:30 Gold / Green Junior	6:15 Mighty Dragons All Belts	6:15 Red & Above Junior	6:30 Gold Belt Junior		6:00 Red & Above Adult & Junior	1:00-2:30 Reserved for Birthday Parties
7:00 Blue / Adv. Blue Junior	6:45 No Belt / White Belt Junior	7:00 Forms Class Adult	7:00 Purple / Blue / Adv. Blue Junior			
7:30 No / White / Gold Adult	7:15 No / White / Gold Adult	7:30 Injury Mgmt / Stretching Adult	7:30 No Belt / White Belt Junior			
8:00 Green Thru Adv. Red Adult	7:45 Green & Above Adult	8:00 Adult Pad Striking	8:00 No Belt / White Belt Adult			
8:45 Brown & Above Adult	8:30 Cardio Kickboxing Adult		8:30 Green & Above Sparring Adult			

**DOJO FITNESS**

Yoga  
Cardio Kickboxing


*Master's Program*



Unlimited Classes  
 Special Black Uniform  
 Weapons Training  
 Advanced Martial arts Training  
  
 Leadership Training  
 Xtreme Martial Arts  
 Cardio Kickboxing Classes

**NEW STUDENTS START HERE**  
 FREE UNIFORM  
 ONE MONTH OF CLASSES **\$14.95**

**Starter's Program**  
 2-3 classes per week



**BLACK BELT CLUB**

4 classes per week  
 Earn your Black Belt!  
 Sparring Classes