



Hiruko Group Class Schedule

Effective starting Jan 3, 2017

Please note – BRING A WATER BOTTLE TO CLASS – Thank you!

- Mastery Journey Classes

If you are a Mastery Journey student, you may come to two MJ classes per month, either on Wednesday evening or Saturday morning.

- **“Gear Week”** (It’s when you need to bring your protective gear to class) is held 1st FULL week (the 1st falls on a Monday or Tuesday) and 3rd week of the month. Arrive early and put on your gear so it’s on at the start of class. Please order your gear at the front desk, and write your name on your gear.

- **Please talk to the Master Instructor if you are having difficulties with your schedule. As you move through belts and your schedule changes, we can work through challenges together.**

- Please remember that Hiruko schedules learning events (seminars and workshops) on Saturday. We highly encourage you to take advantage of all the event opportunities Hiruko has to offer. Events are designed by the instructors to complement and enhance the classroom learning experience. On weeks when Saturday schedule is impacted, please be sure to come to class on an alternate day.

| Class Type | Mon | Tue | Wed | Thu | Fri | Sat |
|--------------------------------|------|------|------|------|------|------|
| KinderDojo=KD (5-7 Yrs Old) | | | | | | |
| Tigers (4 Yrs Old) | | | | 3:00 | | |
| KinderDojo White | 4:30 | | 3:45 | | 3:45 | 9:15 |
| KinderDojo Orange | 4:30 | | 3:45 | | 3:45 | 9:15 |
| KinderDojo Gold | 4:30 | | 3:45 | | 3:45 | 9:15 |
| KinderDojo Green | 3:45 | 5:15 | | 3:45 | | 8:30 |
| KinderDojo Purple | 3:45 | 5:15 | | 3:45 | | 8:30 |
| KinderDojo Blue | 3:45 | 5:15 | | 3:45 | | 8:30 |
| KinderDojo Brown | 3:45 | 5:15 | | 3:45 | | 8:30 |
| KinderDojo Red | 3:45 | 5:15 | | 3:45 | | 8:30 |
| KinderDojo Black | 3:45 | 5:15 | | 3:45 | | 8:30 |



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| Juniors (8-14 Yrs Old) | Mon | Tue | Wed | Thu | Fri | Sat |
|---------------------------|----------|---------|---------------------|---------|----------|------------------------|
| JR White | 5:15 | | 4:30 | 4:30 | | 10:00 |
| JR Orange | 5:15 | | 4:30 | 4:30 | | 10:00 |
| JR Gold | 5:15 | | 4:30 | 4:30 | | 10:00 |
| JR Green | | 6:00 | 6:00 | 4:30 | | 10:45 |
| JR Purple | | 6:00 | 6:00 | 6:00 | | 10:45 |
| JR Blue | 6:00 | 6:00 | 6:00 | 6:00 | | |
| JR Blue I | 6:00 | 3:45 | 5:15 | 6:00 | | |
| JR Brown | 6:00 | 3:45 | 5:15 | 6:00 | | 12:15* CONDITIONING |
| JR Brown I | 6:00 | 3:45 | 5:15 | 5:15 | | 12:15* CONDITIONING |
| JR Red | | 4:30 | 7:30 | 5:15 | 4:30 | 12:15* CONDITIONING |
| JR Red I | | 4:30 | 7:30 | 5:15 | 4:30 | 12:15* CONDITIONING |
| JR Red Black | 6:45 | 6:45 | | 6:45 | 5:15 | 12:15* CONDITIONING |
| Black Belts | 7:30 | 6:45 | | 7:30 | | 12:15* CONDITIONING |
| Teen/Adult All Levels | 10:35 AM | 7:30 PM | 10:35 AM 8:15 PM | 7:30 PM | 10:35 AM | |
| Mastery Journey | | | 6:45 | | | 11:30 |

In addition to our Healing Martial Arts™ programs, Hiruko also offers adult wellbeing classes. Please join us!

Competitive Conditioning*

Competitive Conditioning class is open to students who have a Brown-Black Belt. Designed to complement the martial art components of our training, it provides an hour and a half to work on agility, strength, endurance, speed, and flexibility. Think competitive training *without the competition*. This class will boost stamina and build confidence. Wear uniform, belts, and bring sparring gear for drills. Sign up is required ahead of time, space is limited and restricted to 20 participants. The price is \$20/class. Cash only please. Class is on Saturdays only. Please see schedule for start time. This is a 90 minute class.

KickBoxing

In energy packed, sixty minutes classes, the cardio KickBoxing program combines agility, coordination, self-defense, and strengthening for an exceptionally well-rounded, calorie burning, intense and fun workout. Taught by experienced martial arts instructors to ensure correct movement, classes include stretching and meditation for stress reduction and relaxation. Work out at your own pace, and watch your strength improve with every class. Schedule: Mon, Wed, Fri 9:30-10:30 AM