



Hiruko Group Class Schedule

Effective Jan 2 – Jun 1, 2019

BRING YOUR WATER BOTTLE TO CLASS – Thank you!

KinderDojo™ classes are 30 minutes long.

Class Type	Mon	Tue	Wed	Thu	Fri	Sat
KinderDojo=KD (4.5-7 Yrs Old)						
KinderDojo White	4:30	3:30	5:00			9:30
KinderDojo Orange	4:30	3:30	5:00			9:30
KinderDojo Gold	5:00	4:00	3:45			9:00
KinderDojo Green	5:00	4:00	3:45			9:00
KinderDojo Purple	5:00	4:00	3:45			9:00
KinderDojo Blue	5:00	4:00	3:45			9:00
KinderDojo Brown	5:00	4:00	3:45			9:00
KinderDojo Red	5:00	4:00	3:45			9:00
KinderDojo Black	5:00	4:00	3:45			9:00

NEW Tigers class for 4 year olds: Tuesday at 3 PM.

HMA Junior/Teen/Adult classes are 45 minutes long. Black Belt classes are 60 minutes long.

Juniors (8-14 Yrs Old)	Mon	Tue	Wed	Thu	Fri	Sat
JR White		5:15		4:00	4:45	10:00
JR Orange		5:15		4:00	4:45	10:00
JR Gold	3:45		5:30		4:45	10:45
JR Green	3:45		5:30		4:45	10:45
JR Purple	3:45		5:30		4:45	10:45
JR Blue		4:30	4:15	5:30	4:00	
JR Blue I		4:30	4:15	5:30	4:00	
JR Brown		4:30	4:15	5:30	4:00	
JR Brown I		4:30	4:15	5:30	4:00	
JR Red	5:30	6:00		4:45	5:30	
JR Red I	5:30	6:00		4:45	5:30	
JR Red Black	5:30	6:00		4:45	5:30	
Black Belts	6:15	6:45	7:00	6:15		
HS Teens/Adult (Check Levels Please)	6:15	7:45		6:15		During Morning JR Classes OK
Mastery Journey Green - Black			6:15 PM			11:30 AM



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- Mastery Journey Classes - Must be Mastery Journey program participant. Can only come to two Mastery Journey classes **per month**.
- "Gear Week" (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 Head Instructor if you are having difficulties with your schedule. As you move through belts and your schedule changes, we can work through challenges together.
- Special Events - Please remember that Hiruko schedules events (seminars and workshops) on Saturdays and Fridays. 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 class schedule is impacted, please be sure to come to class on an alternate day.

Additional Wellbeing Classes, Seminars, and Workshops

Competitive Conditioning*

Competitive Conditioning class is open to students who have a Brown all the way to-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 \$25/class. Cash only please. Class is on Saturdays only. Please see schedule for start time. This is a 90 minute class.

CardioFit

In energy packed, sixty minutes classes, the CardioFit program blends the best of martial arts and kickboxing. It combines agility, coordination, self-defense, and strengthening for an exceptionally well-rounded, calorie burning, challenging 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 9:35-10:30 AM

Tigers

Our popular class for 3.5-4 year olds is back, on Tuesday at 3 PM. Enrollment and class are ongoing. Registration is for three months at a time for \$298. Students may be asked to move from Tigers to KinderDojo based on progress and readiness.

Coming Soon

Keep an eye out for new classes we are considering soon. These include ...

Competitive Conditioning (for students Brown Belt and beyond), Mindful Meditation (for adults), Cardio Combat (for adults looking for a fun and exciting workout), Qigong, and Mommy and Me Toddler class (Pandas). More information coming out soon ... Please stay tuned.