

THE DOJO FACTORY CLASSES TIMETABLE as of 2.12.19

MANNED HOURS: Monday to Thursday 6am – 12 noon & 3pm – 8pm / Friday 6am - 12noon & 3pm – 6.00pm / Saturday 7am – 12 noon

UNMANNED HOURS: Monday to Thursday 5am – 10pm / Friday 5am – 8.30pm / Saturday & Sunday 7am – 7pm

Email: info@thedojofactory.com.au Phone: 5625 2857 Website: www.thedojofactory.com.au

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
FITNESS CLASSES					
6.00 – 6.30am Circuit with Ben	6.00 – 6.30am Dojo Cardio with Kerry	6 – 6.30am Spin Class with Kerry	6.00 – 6.30am Fit Boxing with Ben	6.00 – 6.30am Weighted Strength Class with Ben	8.00 – 8.30am HIIT Challenge with Ben
			9.00 – 9.50 am General Yoga		
9.30 – 10.00am Circuit with Chantelle	9.30 – 10.00am Core & Booty with Vic	9.30 – 10.15am Circuit with Vic	9.30 – 10.00am Weighted Strength Class with Ben	9.30 – 10.00am HIIT Challenge with Chantelle	9.30- 10.00am Dojo Senior Striking class
	10.00 – 10.45am Stretch & Guided Meditation with Vic	9.30 – 10.00 am Fit Boxing with Ben	10.00 – 11.00am Free Weights & Core Training with Vic		
	9.30 – 10.00 am Pilates				
6.30 – 7.00pm Spin Class (Kerry)	6.15 – 7.00pm Dojo Cardio Boxing with Ron	6.15 – 7.00pm Free Weights & Core With Vic	6.15 – 7.00 pm Dojo Cardio Boxing with Ron		
7.00 – 7.30pm Cardio Combo 80's style with Jac					
MARTIAL ARTS					
9.30 - 10.30am Basic Judo					
			5.30 – 6.15 pm Judo Minions 5-9 yrs	4.45 – 5.15pm Baby Pandas Karate 3-5 yrs	8.00 – 9.00am Judo Minions 5-9 yrs
4.30 - 5.15pm Dojo Junior Striking Class	4.00-5.00pm Judo Fit	6.00 – 7.00pm Judo Ninjas			9.00 – 10.00am Judo Ninjas U16
5.30 – 7.00pm Dojo Mixed Combat Class	6.30 – 7.30pm Adults Brazilian Jiu Jitsu	7.00 – 8.00pm Judo Seniors			10.00 – 11.30am Judo Seniors

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DOJO FACTORY MEMBERSHIPS

<p>Dojo Gold \$33pw Martial Arts, Fitness Classes, Gym & Yoga 4 months locked in with 30 days notice</p>	<p>Dojo Black \$28 pw Martial Arts & Gym 4 months locked in with 30 days notice</p>	<p>Dojo Silver \$25 pw Fitness classes, Box n Burn, Gym & Yoga 4 months locked in with 30 days notice</p>	<p>Dojo Bronze \$13 pw Gym only 4 months locked in with 30 days notice</p>
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CASUAL CLASSES

<p>Martial Arts: Adults \$18 Children: U16 \$13 & 5 class passes \$55</p>	<p>Gym or Fitness Class: \$15 Yoga: \$16 per class OR 8 class pass \$120 / 4 class pass \$60</p>
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MARTIAL ARTS:

JUDO: Students will learn how to fall safely, how to throw and hold down an opponent. Judo teaches perseverance, respect, loyalty, discipline and confidence.

STRIKING CLASSES: A mixture of Karate & Kickboxing

DOJO MIXED COMBAT CLASS: A high intensity fun session focussing on all aspects of Martial Arts. Judo, Karate, Kickboxing and BJJ. Great for self defence & fitness.

ADULTS BRAZILIAN JIU JITSU: Brazilian Jiu-Jitsu is a martial art and combat sport system that focuses on grappling and especially ground fighting.

FITNESS CLASSES:

BOXING FIT: A cardio class utilising boxing

CIRCUIT: Using a wide variety of equipment and your body weight. Improves your strength and cardio fitness levels.

CARDIO COMBO 80'S STYLE: A great circuit mix with 80's music, fun and fitness. All fitness levels catered for.

CORE & BOOTY: Strengthen and tone your core, glutes and thighs with a variety of exercises using free weights, TRX and body weight.

DOJO CARDIO BOXING: A dynamic cardio fitness class based on boxing. We pay particular attention to proper technique. Bring your determination and your friends for this fun and energetic class; suited to all fitness levels.

FREE WEIGHTS & CORE: A low impact weight and core workout to burn calories. Tone and improve strength; so important for osteoporosis prevention. Weights relevant to your fitness level.

HIIT CHALLENGE: High Intensity Interval Training is an exciting class focusing on strength, core and cardio fitness to get your heart rate up using your own body weights and free weights. Challenge yourself.

PILATES: Improve your flexibility, increase muscle strength and tone, particularly of your abdominal muscles, lower back, hips and buttocks.

STRETCH & MEDITATION: Build flexibility and core stabilization to assist coordination and balance and relax with a 20 min meditation For all age levels.

SPIN: Burn calories and improve your cardio with this fun spin class.

WEIGHTED STRENGTH: Heavy compound lifting suited to your strength and ability, focusing on good form and strength gains.

YOGA: Yoga for every "body" encompassing breath work for stress relief, poses for building strength and flexibility, relaxation for mental wellness.

To avoid disappointment please book your class by downloading the Mindbody app, search for The Dojo Factory and choose your class