

# DOGGPOUND M.M.A. CLASS SCHEDULE

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
1:30pm–4pm	OPEN GYM	OPEN GYM	OPEN GYM	OPEN GYM	OPEN GYM	10AM-11AM KIDS TAEKWONDO WHITE AND YELLOW BELTS MASTER MIGNON	CLOSED
4pm–4:45pm	KIDS TAEKWONDO (WHITE AND YELLOW BELTS) MR HINDS	KIDS TAEKWONDO (WHITE AND YELLOW BELTS) MR HINDS	KIDS TAEKWONDO (WHITE AND YELLOW BELTS) MR HINDS	KIDS TAEKWONDO (WHITE AND YELLOW BELTS) MR HINDS		11:15AM – 12:15PM KIDS TAEKWONDO ORANGE BELT AND UP MASTER MIGNON	
5PM–6PM	KIDS TAEKWONDO (ORANGE BELTS AND UP) MASTER MIGNON MR HINDS	KIDS TAEKWONDO (WHITE AND YELLOW BELTS) MASTER MIGNON MR HINDS	KIDS TAEKWONDO (ORANGE BELTS AND UP) MASTER MIGNON MR HINDS	KIDS TAEKWONDO (WHITE AND YELLOW BELTS) MASTER MIGNON MR HINDS	NUNCHUCKS MR TONEY	12:30PM – 1:30PM MIGNON FREE STYLE & NINJITSU MASTER MIGNON	
					JIU JITSU WITH GI (YELLOW BELTS AND UP) MR KAREEM		
	JIU JITSU WITH GI (YELLOW BELTS AND UP) MR KAREEM		JIU JITSU WITH GI (YELLOW BELTS AND UP) MR KAREEM		KATA MASTER MIGNON		
6PM–7PM	KIDS TAEKWONDO MASTER MIGNON MR HINDS (ORANGE BELTS AND UP)	KIDS TAEKWONDO (WHITE AND YELLOW BELTS) MASTER MIGNON MR HINDS	KIDS TAEKWONDO (ORANGE BELTS AND UP) MASTER MIGNON MR HINDS	KIDS TAEKWONDO (WHITE AND YELLOW BELTS) MASTER MIGNON MR HINDS	KIDS JIU JITSU (ORANGE BELTS AND UP) MR KAREEM	1:30PM – 3PM JIU JITSU GI & NO GI MR KAREEM	
						CLOSED	
7PM–8PM	INTRO TO KICK BOXING / MUAY THAI MASTER MIGNON	BRAZILIN JIU JITSU MR. KAREEM	INTRO TO BRAZILIN JIU JITSU MR. KAREEM	INTERMEDIATE KICK BOXING/MUAY THAI MASTER MIGNON	ADVANCED GI BRAZILIAN JIU JITSU MR. OSMAN		
		TAEKWONDO ADULTS MASTER MIGNON					
8PM–9PM	ADVANCED NO GI JIU JITSU MR. VUJNOVIC	ADVANCED KICK BOXING/MUAY THAI MASTER MIGNON	INTRO KICK BOXING / MUAY THAI MASTER MIGNON	INTERMEDIATE NO GI JIU JITSU MR. VUJNOVIC	CLOSED		
				TAEKWONDO ADULTS MASTER MIGNON			

**FOR MORE INFORMATION PLEASE CALL 905-457-7222**  
**VISIT OUR WEBSITE AT [WWW.DOGGPOUNDMMA.COM](http://WWW.DOGGPOUNDMMA.COM)**  
**SCHEDULE SUBJECT TO CHANGE**  
**905-457-7222**