PLEASE SEE LOCODOJO.COM FOR UPDATES TO SCHEDULE

LOCO DOJO

PLEASE SIGN UP 24 HOURS IN ADVANCE OF THE CLASS

1510 E. Bell Rd. Ste. A200, Phoenix, AZ 85022 | Call or Text Sensei @ 602-478-8844 or Dan@LocoDojo.com

TIME/DAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SAT	SUN
8:45 AM - 9:45 AM	ZUMBA Dance Fitness			ZUMBA Dance Fitness	ZUMBA Dance Fitness		
9:15 AM - 10:15 AM	Move Melt™ Movement Flows	Move Melt™ Movement Flows	Move Melt™ Movement Flows	Move Melt™ Movement Flows	Move Melt™ Movement Flows	Move Melt™ Movement Flows	Move Melt™ Movement Flows
10:15 AM - 11:15 AM	DANJitsu™ Self Defense + MMA 2+	DANJitsu™ Self Defense + MMA 2+	DANJitsu™ Self Defense + MMA 2+	DANJitsu™ Self Defense + MMA 2+	DANJitsu™ Self Defense + MMA 2+	DANJitsu™ Self Defense + MMA 2+	DANJitsu™ Self Defense + MMA 2+
11:15 AM - 12:15 PM	Spar Roll™ Self Defense + MMA 8+	Spar Roll™ Self Defense + MMA 8+	Spar Roll™ Self Defense + MMA 8+	Spar Roll™ Self Defense + MMA 8+	Spar Roll™ Self Defense + MMA 8+	Spar Roll™ Self Defense + MMA 8+	Spar Roll™ Self Defense + MMA 8+
11:15 AM - 12:15 PM	Aero Dojo™ Aerial Fitness Fusion	Aero Dojo™ Aerial Fitness Fusion	Aero Dojo™ Aerial Fitness Fusion	Aero Dojo™ Aerial Fitness Fusion	Aero Dojo™ Aerial Fitness Fusion	Aero Dojo™ Aerial Fitness Fusion	Aero Dojo™ Aerial Fitness Fusion
11:15 AM - 12:15 PM	CUDDLE COMBAT™ Self Defense Pillow Fighting	CUDDLE COMBAT™ Self Defense Pillow Fighting	CUDDLE COMBAT™ Self Defense Pillow Fighting	CUDDLE COMBAT™ Self Defense Pillow Fighting	CUDDLE COMBAT™ Self Defense Pillow Fighting	CUDDLE COMBAT™ Self Defense Pillow Fighting	CUDDLE COMBAT™ Self Defense Pillow Fighting
4:00 PM - 4:40 PM	DANJitsu™ Self Defense + MMA 2+	DANJitsu™ Self Defense + MMA 2+	DANJitsu™ Self Defense + MMA 2+	DANJitsu™ Self Defense + MMA 2+	DANJitsu™ Self Defense + MMA 2+	BlackBeltGardening Local Services	BlackBeltGardening Local Services
4:45 PM - 6:00 PM	Spar Roll™ Self Defense + MMA 8+	Spar Roll™ Self Defense + MMA 8+	Spar Roll™ Self Defense + MMA 8+	Spar Roll™ Self Defense + MMA 8+	Spar Roll™ Self Defense + MMA 8+	Tattoo Dojo™ Paint Party	Loco Limb™ Arm + Leg Wrestling
6:00 PM - 7:00 PM	PWR LIFT® Full Body Muscle Building	BLACKLIGHT FIGHT™ MMA Cardio Fitness	STRONG PEACH™ Booty & Glutes Workout	PWR LIFT® Full Body Muscle Building	BLACKLIGHT FIGHT™ MMA Cardio Fitness		Loco Limb™ Arm + Leg Wrestling
7:00 PM - 8:00 PM	ZUMBA Dance Fitness	BLACKLIGHT FIGHT™ MMA Cardio Fitness	ZUMBA Dance Fitness	ZUMBA Dance Fitness	BLACKLIGHT FIGHT™ MMA Cardio Fitness		SmaShoot™ Rage Range
7 & 8 PM	CUDDLE COMBAT™ Self Defense Pillow Fighting	CUDDLE COMBAT™ Self Defense Pillow Fighting	CUDDLE COMBAT™ Self Defense Pillow Fighting	CUDDLE COMBAT™ Self Defense Pillow Fighting	CUDDLE COMBAT™ Self Defense Pillow Fighting		CUDDLE COMBAT™ Self Defense Pillow Fighting
7 & 8 PM	BLACKLIGHT FIGHT™ MMA Cardio Fitness	BLACKLIGHT FIGHT™ MMA Cardio Fitness	BLACKLIGHT FIGHT™ MMA Cardio Fitness	BLACKLIGHT FIGHT™ MMA Cardio Fitness	BLACKLIGHT FIGHT™ MMA Cardio Fitness		BLACKLIGHT FIGHT™ MMA Cardio Fitness
8:00 PM - 9:00 PM	Aero Dojo™ Aerial Fitness Fusion	Aero Dojo™ Aerial Fitness Fusion		Aero Dojo™ Aerial Fitness Fusion	Aero Dojo™ Aerial Fitness Fusion		Aero Dojo™ Aerial Fitness Fusion