



MJKO Weekly Class Schedule	Mon	Tue	Wed	Thu	Fri	Sat
Co-ed students 8-12 Years	10AM-12PM	10AM-12PM	10AM-12PM		10AM-12PM	
Co-ed Students 12 -18 Years	12-2PM	12-2PM	12-2PM		12-2PM	
Sparring/Competitive (Boxing Ontario Medical Required)	4-6PM		4-6PM			10-12PM
Girls Only				Girls Only 3:15PM - 7:00PM		
Community Class						9-10:30AM

Please check www.mjko.ca/calendar for PA days and holidays schedule changes.

SUMMER NOTICE: Parents are welcome to drop their kids off at 10AM and pick up at 5PM over the summer ONLY. We will do one workout of 90 minutes and then play games. We do not have any programs Thursday during the day however.

Remember, all of our programs are free thanks to our partners and generous donors.





Co-ed students 8-12 Years	This is a co-ed class for youth aged 8-12 years old. (All abilities welcome) FUNdamental Movement Skills.
Co-ed Students 12 -18 Years	This is a co-ed class for youth aged 12-18 years old. (All abilities welcome) Learn to Train.
Sparring Competitive	Athletes need coach assessment, Boxing Ontario medical form and parental consent. <u>This class requires contact.</u> Learn to Compete.
Girls Only	Our Girls Only programs includes a community building component and volunteer opportunities.
Community Class	This class is for families to get fit together. We encourage you to work out with your children. Suggested minimum age 6.

MUST READ!!! MJKO Rules of Engagement

Chore System: All MJKO participants have a part to play in keeping MJKO clean and safe. In exchange for free programming, ALL participants must complete a chore before leaving.

Engagement: In an effort to make MJKO a safe place for all, we require all people inside the champion to take part. Breaks are encouraged but our goal is to get you moving!

Code of Conduct: MJKO members will at all times conduct and present themselves appropriately with decorum, consideration and respect for others. They are to act as positive role models and use self-regulation, positive techniques of guidance, including redirection, positive reinforcement and encouragement.

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