

MJKO Weekly Class Schedule	Mon	Tue	Wed	Thu	Fri	Sat
**Co-ed students 8-12 Years	3: 45PM-5PM	3: 45PM-5PM	3: 45PM-5PM	3: 45PM-5PM	3: 45PM-5PM	9: 30-11: 30AM
Co-ed Students 12 -18 Years	5-6: 30PM	5-6: 30PM	5-6: 30PM	5-6: 30PM	5-6PM	9: 30-11: 30AM
Sparring/Competitive (Boxing Ontario Medical Required)	5: 30PM-7PM	5: 30PM-7PM	5: 30PM-7PM	5: 30PM-7PM	5-6PM	10: 30-12PM
Community Class (Parents are encouraged to work out with their kids)						9: 30-11: 30AM

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

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

