

<b>MJKO Weekly Class Schedule</b>	<b>Mon</b>	<b>Tue</b>	<b>Wed</b>	<b>Thu</b>	<b>Fri</b>	<b>Sat</b>
<b>** Co-ed students 8-12 Years</b>	3:45PM-5PM	3:45PM-5PM	3:45PM-5PM	3:45PM-5PM	3:45PM-5PM	9:30-11:30AM
<b>Co-ed Students 12 -18 Years</b>	5-6:30PM	5-6:30PM	5-6:30PM	5-6:30PM	4-6PM	9:30-11:30AM
<b>Sparring/Competitive (Boxing Ontario Medical Required)</b>	5-6:30PM	5-6:30PM	5-6:30PM	5-6:30PM	4-6PM	9:30-12PM
<b>Community Class (Parents are encouraged to work out with their kids)</b>						9:30-11:30AM

**Please check [www.mjko.ca/calendar](http://www.mjko.ca/calendar) for PA days and holidays schedule changes.**

**Gym Closes at 7PM**

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

