

## Mastin Dojo Schedule

## 2024 TEMPORARY SCHEDULE

| Program                            | Rank or Level     | Monday         | Tuesday       | Wednesday     | Thursday       | Saturday        | Sunday |
|------------------------------------|-------------------|----------------|---------------|---------------|----------------|-----------------|--------|
|                                    |                   |                |               |               |                |                 |        |
| Open Class                         | ALL RANK / AGES   | 6:00pm-6:45pm  |               |               |                |                 |        |
|                                    |                   |                |               |               |                |                 |        |
| Junior Program Ages 4-12 years old | White -Black Belt |                | 5:45pm-6:30pm | 6:00pm-6:45pm |                | 9:30am -10:15am |        |
|                                    |                   |                |               |               |                |                 |        |
| Adult Program Ages 13 & Up         | White -Black Belt |                | 6:45pm-7:45pm | 6:00pm-6:45pm | 6:30pm-7:30pm  | 8:30am- 9:30am  |        |
|                                    |                   |                |               |               |                |                 |        |
| ZOOM (ADVANCED ADULTS)             |                   |                |               |               | 6:30pm-7:30pm  |                 |        |
|                                    |                   |                |               |               |                |                 |        |
| TAI CHI                            | All ages & Levels | 6:45pm- 7:45pm |               |               | 2:00pm- 3:00pm |                 |        |
|                                    |                   |                |               |               |                |                 |        |
| YOGA                               | ALL AGES & LEVELS |                | 2:00pm        | 7:00pm        |                |                 | 3:00pm |
|                                    |                   |                |               |               |                |                 |        |

Create your Harmony
The Nagamine Way



**Mastin Dojo** 





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