



# THE GROWTH DOJO

OCTOBER 2021 TO JANUARY 2022 SCHEDULE

856-629-2005

[www.martialartssewellnj.com](http://www.martialartssewellnj.com)



MON	TUE	WED	THU	FRI	Sat
					Adult 8:30am
5 and 6 4:45pm	5 and 6 4:45pm	7-11 WYO 4:45pm	7-11 ADV 4:45pm	5 and 6 4:45pm	5 and 6 9:30am
7-11 WYO 5:30pm	7-11 ADV 5:30pm	TEEN 5:30pm	7-11 WYO 5:30pm	7-11 WYO 5:30pm	7-11 WYO 10:15am
TEEN 6:30pm	Black Belt 6:30pm	7-11 ADV 6:30pm	7-11 BBC 6:30pm	7-11 ADV 6:30pm	TEEN 11:15am
Adult 7:30pm	TEEN 7:30pm	Adult 7:30pm	Adult 7:30pm		

**\*UPDATED \***

- This schedule will begin 10/18/2021
- Kid and Teen classes are twice a week
- Be on time and bring your gloves every class
- Please add yourself to the roster, on the app. If you can not make your scheduled class, please take yourself off the roster. This will free up a spot for someone on a waitlist.

**Beginner WYO =**  
**White, Yellow, Orange**  
 Advance ADV = Green to Black  
**BBC = Black Belt Candidate**