

# MARTIAL ARTS CLASSES — ADULTS 15+ YRS

St. John's Wood Dojo · 2026



■ Kickboxing ■ Jiu-Jitsu ■ Krav Maga

MON	TUE	WED	THU	FRI	SAT	SUN
<b>7:30–8:30pm</b> <b>Kickboxing</b> Adults All Grades	<b>10:00–11:00am</b> <b>Krav Maga</b> Adults All Levels	<b>7:15–8:15pm</b> <b>Jiu-Jitsu</b> Adults All Grades	<b>6:30–7:30pm</b> <b>Kickboxing</b> Adults Beg/Int	<b>11:00am–12pm</b> <b>Krav Maga</b> Adults All Levels	<b>11:00am–12pm</b> <b>Kickboxing</b> Adults All Grades	<b>11:00am–12pm</b> <b>Kickboxing</b> Adults All Grades
	<b>6:30–7:30pm</b> <b>Kickboxing</b> Adults Int/Adv		<b>7:30–8:30pm</b> <b>Kickboxing</b> Adults Int/Adv	<b>7:00–8:00pm</b> <b>Jiu-Jitsu</b> Adults All Grades		
	<b>7:30–8:30pm</b> <b>Kickboxing</b> Adults Beg/Int					