



Class Schedule 2024 !!!!!

Monday

* Intro to Ashtanga Yoga.

All levels, all bodies

9:30am

*Kickboxing

10:45 am

Dharma Dojo

Tuesday 5pm

Tang Soo Do

All levels all ages

Community Clubhouse

Thursday

Ashtanga Yoga Mysore style

9:30am

Kids Karate/Kickboxing 5pm

Sparring 5:45pm

Space is limited for these classes,
please check availability

Adult kickboxing 6pm

Dharma Dojo

More info : (530) 363-2675

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