# Williamsburg Dojo Class Schedule

Satria Yoga 9:00am - 9:50am Panglipur Arts 10:00am - 11:00am

#### Monday

Pencak Silat Kids Program 5:30pm – 6:30pm Youth Program (Ages 12-17) 6:30pm – 7:30pm

## Tuesday

STACT Fit Workout

Homeschool Class

5TACT Fighting System

Panglipur Arts

8:00am – 9:00am

1:00pm – 2:00pm

6:00pm – 7:00pm

7:00pm m- 8:00pm

## Wednesday

Pencak Silat Kids Orientation 5:30pm – 6:30pm Little Ninjas (Ages 4-6) 5:45pm – 6:30pm Warrior Women Self-Protection 6:30pm – 7:45pm

#### **Thursday**

Pencak Silat Kids 5:30pm – 6:30pm STACT Fighting System 6:30pm – 7:30pm Panglipur Arts 7:30pm – 8:30pm

## Friday

 $\begin{array}{lll} \text{Indonesian Dance} & & 11:00\text{am} - 12:00\text{pm} \\ \text{Homeschool Class} & & 12:00\text{pm} - 1:00\text{pm} \\ \text{Sport Silat (Adults \& Kids Sparring)} & & 5:30\text{pm} - 6:30\text{pm} \\ \text{Advanced Sparring} & & 6:30\text{pm} - 7:00\text{pm} \\ \text{Performance Team} & & 7:00\text{pm} - 8:00\text{pm} \\ \end{array}$ 

#### Saturday

 $\begin{array}{lll} \mbox{Meditation} & 9:00\mbox{am} - 9:30\mbox{am} \\ \mbox{STACT Fit Workout} & 9:30\mbox{am} - 10:00\mbox{am} \\ \mbox{STACT Fighting System} & 10:00\mbox{am} - 11:00\mbox{am} \\ \mbox{Tunggal (Forms)} & 11:00\mbox{am} - 12:00\mbox{pm} \\ \mbox{Ganda/Open Mat} & 12:00\mbox{pm} - 1:00\mbox{pm} \end{array}$ 

Private Training- Available by appointment - 65/Hour
Pricing and class times are subject to change For more information, contact:

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