

DUMLAO'S VIRTUAL ZOOM & OUTDOOR CLASS SCHEDULE

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SUNDAY
LIL WARRIORS/ STRIKERS [Zoom & Outdoor] 3-3:45pm		LIL WARRIORS/ STRIKERS [Zoom & Outdoor] 3-3:45pm			CARDIO FITNESS [Zoom & Outdoor] 830-930am
ALPHA/OMEGA [Outdoor Only] 4-4:45pm	ALPHA/OMEGA [Zoom Only] 4-4:45pm	ALPHA/OMEGA [Outdoor Only] 4-4:45pm	ALPHA/OMEGA [Zoom Only] 4-4:45pm	SPARRING 1 & 2 [Zoom Only] 4-5pm	SPARRING 1 & 2 [Zoom & Outdoor] 930-1030am
FCC [Zoom & Outdoor] 5-5:45pm	SPARRING 1 & 2 [Zoom Only] 5-6pm	FCC [Zoom & Outdoor] 5-5:45pm	KIDS/ADULT JIU-JITSU [Zoom Only] 5:30-6:15pm		
CARDIO FITNESS [Zoom & Outdoor] 630-730pm	KIDS/ADULT JIU-JITSU [Zoom Only] 5:30-6:15pm	CARDIO FITNESS [Zoom Only] 630-730pm			



*All classes follow our Safety & Cleaning Protocols.

*10-14 person maximum per in-person class & MUST be Booked in Advance via the Calendar Link.

*Outdoor classes are weather permitting, otherwise it will be in the Virtual Zoom Classroom.

*Participants must be symptom free of any illness or excessive allergies.

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