

Zanshin Dojo Class Schedule

	Monday	Tuesday	Wednesday	Thursday	Friday		Saturday
						9:00 AM	
4:00 PM							
	Ninja Class 4 – 4:40pm		Ninja Class 4 – 4:40pm	Ninja Class 4 – 4:40pm			
					Ninja/Kids 4:30 – 5pm		Ninjas Class 9:30 – 10am
5:00 PM			Kids Class 4:45 – 5:15pm			10:00 AM	
	Kids Class 5 - 5:45pm			Kids Class 5 - 5:45pm			Kids Class 10:15 – 10:45am
		Ninja/Kids 5:30 - 6pm					
6:00 PM						11:00 AM	
	Adult Karate (all levels) 6 - 7:30pm	Adult Karate (white belt - purple belt) 6 - 7:15pm	Adult Karate (all levels) 6 - 7:30pm	Adult Karate (brown belt and above) 6 - 7:15pm			Adult Karate (all levels) 11am – 12:30pm
7:00 PM						12:00 PM	

Indoor

Outdoor

All classes simulcast to Zoom.

To join a virtual class via Zoom, go to www.sfgoju.com/join-class

Outdoor classes held in Golden Gate Park across from the dojo.

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