



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	8:30am - 9:30am Muay Thai Fitness Bruno Dias	8:30am - 9:30am Aerial Yoga Giovanna Sheehan		8:30am - 9:30am Aerial Yoga Giovanna Sheehan	Exciting NEW Aerial Format Coming Soon!	8:30am - 9:30am Aerial Yoga Vivi Liousas
	9:30am - 10:30am Cardio Kickboxing Bruno Dias	9:30am - 10:30am Juniko60 Mike Eaton	9:30am - 10:30am Vinyasa Yoga Anna Paiva	9:30am - 10:30am Juniko60 Mike Eaton	8:30am - 9:30am Muay Thai Fitness Mike Gresh	8:30am - 9:30am Muay Thai Fitness Peter Barrett
10:00am - 1:00pm Open Mat	9:30am - 10:30am Power Yoga Sculpt Anna Paiva	9:30am - 10:30am Child Enrichment Erin LaMonte	9:30am - 10:30am JMethod Shadowbox Debra Woods	9:30am - 10:30am Child Enrichment Erin LaMonte	9:30am - 10:30am Detox Yoga Twist Anna Paiva	9:30am - 10:30am Aerial Yoga Vivi Liousas
		12:00pm - 1:00pm Adult BJJ Ariel Sexton		12:00pm - 1:00pm Adult BJJ Ariel Sexton	9:30am - 10:30am JKids Activity Day Juniko Staff	9:30am - 10:30am Adult BJJ Bruno Dias
					9:30am - 10:30am Cardio Kickboxing Mike Gresh	
	4:00pm - 4:45pm Kids BJJ (4-8) Ariel Sexton	4:00pm - 4:45pm Kids BJJ (4-8) Ariel Sexton	4:00pm - 4:45pm Kids BJJ (4-8) Ariel Sexton	4:00pm - 4:45pm Kids BJJ (4-8) Ariel Sexton		
	4:00pm - 4:45pm Kids Yoga (9-12) Michelle Gregory	4:45pm - 5:30pm Kids BJJ (9-12) Ariel Sexton	4:45pm - 5:30pm Kids BJJ (9-12) Ariel Sexton	4:45pm - 5:30pm Kids BJJ (9-12) Ariel Sexton		
	4:45pm - 5:30pm Kids BJJ (9-12) Ariel Sexton		4:45pm - 5:30pm JKids Aerial Yoga Vivi Liousas	4:45pm - 5:45pm JKids Surf & Fly Vivi Liousas		
		6:00pm - 7:00pm No Gi Mike Gresh	5:30pm - 6:15pm Kids Muay Thai (9-12) Bruno Dias	6:00pm - 7:00pm No Gi Mike Gresh	6:00pm - 7:00pm No Gi Ariel Sexton	
	6:30pm - 7:30pm Adult BJJ Ariel Sexton	7:00pm - 8:00pm Muay Thai Fitness	5:30pm - 6:30pm Aerial Yoga Vivi Liousas	7:00pm - 8:00pm Muay Thai Fitness Mike Gresh	7:00pm - 8:00pm Adult BJJ Ariel Sexton	
		8:00pm - 9:00pm Competition Team Mike Gresh	6:30pm - 7:30pm Adult BJJ Juliano Coutinho	8:00pm - 9:00pm Competition Team Mike Gresh		
			Ongoing Kids Programs	Kids Specialty 6 Week Programs		

Juniko Hours
MONDAY - FRIDAY
 8:00am - 8:00pm
SATURDAY
 8:00am - 12:00pm
SUNDAY
 10:00am - 1:00pm

Register for classes at www.juniko.com or

www.mindbodyonline.com

Connect With Us!





Class Descriptions



Detox Yoga Twist	Brazilian Jiu Jitsu	Juniko60
<p>Detox Yoga Twist offers a unique detoxifying style of yoga as a training aid for all around fitness. The goal of yoga practice is always to regain, maintain, or create balance. In Detox Yoga Twist we add components of core work, various twist asanas strength and agility throughout the practice. Balance is achieved utilizing different tools in the yoga studio. Detox Yoga Twist is a great option for members looking to remove detoxify and cleanse their system in order to maintain optimal bodily performance.</p>	<p>Known as “The Gentle Art,” Brazilian Jiu Jitsu is the celebrated self-defense method that also delivers a total body workout. It’s no wonder this authentic fitness regimen is constantly ranked as our #1 most popular program. Classes are structured into three distinct parts; 1) warm-up, 2) technique lesson, and 3) partner training/technique practice. We also provide an open mat class to reinforce and drill the moves that you learn at your own pace.</p>	<p>Juniko60 is 60 minutes of constant movement at moderate to high intensity. Goals in this class include maximum calorie burn via a variety of domains. These include body weight movements, kettle bells, and dumbbells. Class will begin with a dynamic warm-up, followed by a variety of circuits, and end with a cool down to stretch and repair your body. Get ready to sweat, have fun, and get one step closer to your personal fitness goals.</p>
Power Yoga Sculpt	Kids Brazilian Jiu Jitsu	Juniko Child Enrichment
<p>This class is a total body workout designed to sculpt every major muscle groups and blast calories by combining yoga postures and muscle conditioning exercises. This intense workout is the perfect compliment to your regular yoga practice. In class, Juniko instructors combine core work with strengthening, lengthening, and toning your body in all aspects of your yoga practice.</p>	<p>We’ve applied the fundamentals of Jiu Jitsu into a specially curated kids program that emphasizes both self-confidence and discipline, while fostering the growth of human character. Our smallest clients absorb this fun and friendly self-defense method, all while enjoying real-world physical fitness conditioning utilizing coordination, motor skills, agility and flexibility. Kids Jiu Jitsu will be an experience and critical foundation treasured for a lifetime.</p>	<p>The Juniko Child Enrichment program is a unique, developmental playtime for young children ages 1-4 years old. A blend of interactive group play along with age appropriate activities, children can expect to explore, discover, and learn in an engaging and safe environment. Our knowledgeable caregivers will aid in the growth and development of each child’s language, social, and cognitive skills.</p>
Aerial Yoga	Muay Thai Fitness	JKids Fitness and Yoga
<p>Integrated yoga using the support and momentum of the “swinglike” silk hammocks. Members can achieve more length and depth with less strenuous effort, yet also challenging your core body strength. No prior experience is required to attend this class.</p>	<p>Muay Thai Fitness is not your typical cardio boxing class, it’s a program designed as a holistic solution to push you to your personal best. The martial arts style of Muay Thai blends with other body weight and cardiovascular exercises to improve strength, aerobic fitness, speed, flexibility, coordination and balance, A true full body knockout!</p>	<p>Through the power of fitness and yoga, children gain the ability to practice breathing and personal matras, build concentration, and increase their confidence while learning how to use their bodies in a healthy and positive way! By using visualization techniques children are able to lower their stress levels while developing personal goals for themselves both on and off the mats!</p>
Kids Muay Thai	JMethod Shadowbox	JKids Activity Day
<p>Similar to western boxing Muay Thai uses stand- up sticking along with clinching techniques. Muay Thai is also known as the “art of eight limbs” because it combines the use of fists, elbows, knees, shins and feet. Of course safety is the highest priority. Your child will be taught in a fun & friendly environment. Kids get in shape while having a good time.</p>	<p>JMethod Shadowbox is a fast paced cardio kickboxing experience including shadowboxing mixed with strength training utilizing body weight moves and weights. The focus is to build overall strength through controlled muscle movements while learning combinations. All levels from beginners to advanced will experience massive calorie burn!</p>	<p>Kids of all ages will have fun during this once a week activities based class. We will meet at the Social for interactive and creative skill based program where children learn the value of health and nutrition. Various projects will be done with the supervision of a qualified caregiver.</p>