



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
8:00am - 9:00am Aerial Yoga Vivi Liouas						8:00am - 9:00am Surfset Anna Paiva
9:30am - 10:30am Vinyasa Yoga Anna Paiva	8:30am - 9:30am Power Yoga Sculpt Lily Lynch	8:30am - 9:30am Vinyasa Yoga Anna Paiva	9:30am - 10:30am Vinyasa Yoga Anna Paiva	8:30am - 9:30am Vinyasa Yoga Anna Paiva	8:30am - 9:30am Cardio Kickboxing Sean Lally	8:30am - 9:30am Muay Thai Fitness Sean Lally
10:00am - 1:00pm Open Mat		10:30am - 11:15am Little Warriors (2-5) Erin LaMonte		9:45am - 10:45am Aerial Yoga Kerry Ann McCarthy	9:30am - 10:30am Detox Yoga Twist Anna Paiva	9:00am - 10:00am Aerial Yoga Vivi Liouas
	10:30am - 11:15am Little Warriors (2-5) Erin LaMonte	10:30am - 11:15am Strength & Structure Yoga Anna Paiva	12:00pm - 1:00pm Adult BJJ Walter Hawkes	12:00pm - 1:00pm Adult BJJ Bruno Dias		9:30am - 10:30am Adult BJJ Bruno Dias
		12:00pm - 1:00pm Adult BJJ Bruno Dias				
	4:00pm - 4:45pm Kids BJJ (4-8) Bruno Dias	4:00pm - 4:45pm Kids BJJ (4-8) Bruno Dias	4:00pm - 4:45pm Kids BJJ (4-8) Juliano Coutino	4:00pm - 4:45pm Kids BJJ (4-8) Bruno Dias		
	4:45pm - 5:30pm Kids BJJ (7-12) Bruno Dias	4:45pm - 5:30pm Kids BJJ (7-12) Bruno Dias	4:45pm - 5:30pm Kids BJJ (7-12) Juliano Coutino	4:45pm - 5:30pm Kids BJJ (7-12) Bruno Dias		
		4:45pm - 5:45pm JTeens Surfset & Aerial (9-16) Vivi Liouas			4:45pm - 5:30pm Kids No Gi (4-12) Bruno Dias	
		6:00pm - 7:00pm No Gi Mike Gresh	5:30pm - 6:15pm Kids Muay Thai (6-12)	6:00pm - 7:00pm No Gi Mike Gresh	6:00pm - 7:00pm Women's BJJ Erin LaMonte	
	6:30pm - 7:30pm Adult BJJ Bruno Dias	7:00pm - 8:00pm Muay Thai Fitness Mike Gresh	6:30pm - 7:30pm Aerial Yoga Vivi Liouas	7:00pm - 8:00pm Muay Thai Fitness Mike Gresh	7:00pm - 8:00pm Adult BJJ Bruno Dias	
	7:30pm - 8:30pm Aerial Yoga Emily Radziwon	8:00pm - 9:00pm Competition Team Mike Gresh	6:30pm - 7:30pm Adult BJJ Juliano Coutinho	8:00pm - 9:00pm Competition Team Mike Gresh		

Juniko Hours
MONDAY - FRIDAY
 7:30am - 8:00pm
WEDNESDAY
 9:00am - 8:00pm
SATURDAY
 8:00am - 12:00pm
SUNDAY
 8:00am - 1:00pm

Register for classes at www.juniko.com or

www.mindbodyonline.com

Connect With Us!



Ongoing Kids Programs
 Session: Nov 7th - Dec 12th



Class Descriptions



Detox Yoga Twist	Brazilian Jiu Jitsu	Cardio Kickboxing
<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; warm-up, technique lesson, and 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>A group fitness class that combines martial arts techniques with fast-paced cardio. This high-energy workout challenges the beginner and elite athlete alike. Build stamina, improve coordination and flexibility, and burn calories as you build lean muscle with this fun and challenging workout</p>
Power Yoga Sculpt	Kids Brazilian Jiu Jitsu	Vinyasa Yoga
<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>All levels Vinyasa yoga class is invigorating and creates strength building as well as flexibility. Gracefully flowing through various asanas this class is designed to awaken your mind and body! Students will leave feeling strong, rejuvenated and ready to take on the day!</p>
Aerial Yoga	Muay Thai Fitness	JTeens Board n’ Fly
<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, teens 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 aerial silks, surfboards and the power of yoga, teens are able to lower their stress levels while developing personal goals for themselves both on and off the mats!</p>
Kids Muay Thai	Kids No Gi	Little Warriors
<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>We’ve applied the fundamentals of Jiu Jitsu without the use of a gi 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.</p>	<p>This program is designed to give younger children the confidence and abilities not just in martial arts, but also in their daily lives. Training techniques include using fun functional movements, cognitive problem solving body exercises and mindful yoga breathing asanas in order to be able to breathe, balance, and control the body developing emotional and social skills</p>