



Current Schedule



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		6:00am - 7:00am Boxing Jeff Gonsalvez		6:00am - 7:00am Boxing Jeff Gonsalvez		9:00am - 10:00am Boot Camp Diego Mendes
		7:00am - 8:00am Small Groups Jeff Gonsalvez		7:00am - 8:00am Small Groups Jeff Gonsalvez		
		8:00am - 9:00am Bootcamp Jeff Gonsalvez		8:00am - 9:00am Bootcamp Jeff Gonsalvez		
	9:00am - 10:00am Boot Camp Diego Mendes	9:30am - 10:30am Boxing/Bootcamp Jeff Gonsalvez	9:00am - 10:00am Boot Camp Diego Mendes	9:30am - 10:30am Boxing/Bootcamp Jeff Gonsalvez	9:00am - 10:00am Boot Camp Diego Mendes	10:00am - 11:30am BJJ Competition Juliano Coutinho
		10:30am - 11:30am Adult BJJ Juliano Coutinho		10:30am - 11:30am Adult BJJ Juliano Coutinho	10:30-11:30 Open Mats Juliano Coutinho	
		4:00pm - 4:45pm Little Warriors(4-7) Juliano Coutinho		4:00pm - 4:45pm Little Warriors(4-7) Juliano Coutinho	4:30pm - 5:30pm Teens No Gi Mike Gresh	11:00am - 1:00pm Open Mat
	5:00pm - 6:00pm Kids BJJ Juliano Coutinho	5:00pm - 6:00pm Kids BJJ Juliano Coutinho	5:00pm - 6:00pm Kids BJJ Juliano Coutinho	5:00pm - 6:00pm Kids BJJ Juliano Coutinho	5:30pm - 6:30pm Kids BJJ Juliano Coutinho	<div style="border: 1px solid black; padding: 10px;"> <p>Juniko FRONT DESK Hours</p> <p>MONDAY - FRIDAY 6:00am - 1:00pm 5:00pm - 9:00pm</p> <p>SATURDAY 10:00am - 11:00pm</p> <p>SUNDAY CLOSED</p> </div>
	5:00pm - 6:00pm Boot Camp Diego Mendes	6:00pm - 7:00pm Kids Fitness (10+) Diego Mendes	5:00pm - 6:00pm Boot Camp Diego Mendes	6:00pm - 7:00pm Kids Fitness (10+) Diego Mendes	5:30pm - 6:30pm Boot Camp Tim Elhajj	
	6:15pm - 7:30pm Adult BJJ Juliano Coutinho	6:15pm - 7:30pm Adult BJJ Juliano Coutinho	6:15pm - 7:15pm Teens BJJ Rodrigo Sousa	6:15pm - 7:30pm Advanced BJJ Juliano Coutinho	6:45pm - 7:45pm Kids Muay Thai Carlos Vespaziano	
		4:30 - 5:30am Bootcamp Jeff Gonsalvez	6:15pm - 7:15pm Kids Muay Thai Carlos Vespaziano	4:30 - 5:30am Bootcamp Jeff Gonsalvez	6:45pm - 7:45pm Muay Thai Fitness Mike Gresh	
	7:00pm - 8:00pm Aero Jump Andreia Nascimento	7:00pm - 8:00pm Womens Group Training Diego Mendes	7:00pm - 8:00pm Womens Group Training Diego Mendes	7:00pm - 8:00pm Womens Group Training Diego Mendes	7:00pm - 8:00pm Aero Jump Andreia Nascimento	
	7:30pm - 8:30pm Muay Thai Fitness Mike Gresh	7:30pm - 8:30pm Muay Thai Fitness Mike Gresh	7:30pm - 8:30 Adult BJJ Chris Eldridge	7:30pm - 8:30pm Muay Thai Fitness Mike Gresh		
	7:30pm - 8:30pm Team Training Mike Gresh				7:45pm - 8:45pm Adult BJJ Juliano Coutinho	

Connect With Us!



Register for classes at www.juniko.com or call 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. This program is available by appointment only. Please call to reserve your child’s space.</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		
<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>		