



The Integral Dojo Training Schedule

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday
6:30 am - 8:00 am Weapons Miles	10:00 am - 11:15 am General Miles	6:30 am - 8:00 am Weapons Ron	6:00 pm - 7:00 pm Basics Gil	6:30 am - 8:30 am Weapons Miles	10:00 am - 11:00 am General Einav
6:00 pm - 7:00 pm Weapons Miles	6:00 pm - 7:00 pm General Daniel	6:00 pm - 7:30 pm General Amir	7:00 pm - 8:00 pm General Miles		11:00 am - 11:15 am General Einav
7:00 pm - 8:00 pm General Miles	7:00 pm - 8:00 pm General Eldar		8:00 pm - 9:00 pm Advanced Miles		

*Last Updated on 02/02/2020. Regularly check our website for any updates in the schedule.