



## CLASS SCHEDULE

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### LEARN ONE OF THE MOST EFFECTIVE STRIKING MARTIAL ART

Kickboxing incorporates punches, kicks, knees & elbows. The sport has become world renowned for its simplicity, effectiveness, and outstanding cardio benefits. At Evolution Gym, we've taken the best from different kickboxing styles to evolve our training to the next level.

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
4 pm	Kids Kickboxing	Kids Kickboxing	Kids Kickboxing	Kids Kickboxing	
5 pm	Teens Kickboxing	Fighters	Teens Kickboxing	Sparring	Teens Kickboxing
6 pm	Fighters	All Levels	Fighters	All Levels	Fighters
7 pm	All Levels	Fundamentals	All Levels	Fundamentals	

Kids Kickboxing - 6 to 12 year old's (All skill levels)

Teens Kickboxing - 13 years and over (All skill levels)

Fighters and Sparring classes are by invitation only

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