



CLASS SCHEDULE

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
						Kickboxing (Coming Soon)
4 pm	Kid's Kickboxing	Kid's Kickboxing	Kid's Kickboxing	Kid's Kickboxing	Kid's Kickboxing	
5 pm	Teen's Kickboxing	Sparring Teen's	Teen's Kickboxing	Kid's Kickboxing	Teen's Kickboxing	
6 pm	Advance / Fighters	Kickboxing	Kickboxing	Kickboxing	Kickboxing	
7 pm	Kickboxing	Advance / Fighters	Sparring	Advance / Fighters	Advance / Fighters	

Class Description

* Kid's - 6 to 12 year old's (All skill levels)

* Kickboxing - For adults with 0-18 months experience

* Teen's - 13 years and over (All skill levels)

* Advance/Fighters classes are by invitation only

* Teen's Sparring class is by invitation only

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