

# KICKBOXING/ FIGHT TEAM / SELF-DEFENSE

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
9:00 A.M.						KICKBOXING ALL LEVELS
10:00 A.M.	KICKBOXING ALL LEVELS	BAG WORK/ BARBELL CLUB	KICKBOXING ALL LEVELS	BAG WORK/ BARBELL CLUB	KICKBOXING ALL LEVELS	SPARRING ALL LEVELS
11:00 A.M.		FUNDAMENTALS KICKBOXING		FUNDAMENTALS KICKBOXING		
5:00 P.M.	YOUTH KICKBOXING (10-14 YRS.)	TINY TOTS KICKBOXING (5-9 YRS.)	YOUTH KICKBOXING (10-14 YRS.)	TINY TOTS KICKBOXING (5-9 YRS.)		
6:00 P.M.	ALL LEVELS KICKBOXING	FUNDAMENTALS KICKBOXING	ALL LEVELS KICKBOXING	FUNDAMENTALS KICKBOXING		
7:00 P.M.	SPARRING AND DRILLS ALL LEVELS	SPARRING AND DRILLS ALL LEVELS	SPARRING AND DRILLS ALL LEVELS	SPARRING AND DRILLS ALL LEVELS		

# CARDIO/ FITNESS SCHEDULE

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
6:00 A.M.	CARDIO KICKBOXING		BAG CLASS KICKBOXING BASICS		CARDIO BAG CLASS	
9:00 A.M.	CARDIO BAG CLASS		CARDIO BAG CLASS		CARDIO BAG CLASS	BAG WORK/ BARBELL CLUB
10:00 A.M.	BAG WORK/ BARBELL CLUB	BAG WORK/ BARBELL CLUB	BAG WORK/ BARBELL CLUB	BAG WORK/ BARBELL CLUB	BAG WORK/ BARBELL CLUB	BAG THERAPY
11:00 A.M.						TEAM CONDITIONING
5:00 P.M.	BAG WORK Self Guided Bag class	BAG WORK Self Guided Bag class	BAG WORK Self Guided Bag class	BAG WORK Self Guided Bag class		
5:30 P.M.		HIIT CLASS		HIIT CLASS		
6:00 P.M.	CARDIO BAG CLASS	BAG CLASS KICKBOXING BASICS	CARDIO BAG CLASS	Fight Fit Cardio Class	CARDIO BAG CLASS	
7:00 P.M.	BAG WORK BARBELL CLUB	BAG WORK BARBELL CLUB	BAG WORK BARBELL CLUB	BAG WORK BARBELL CLUB		

# FULL CLASS SCHEDULE

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
6:00 A.M.	CARDIO BAG CLASS		BAG CLASS KICKBOXING BASICS		CARDIO BAG CLASS	
9:00 A.M.	CARDIO BAG CLASS		CARDIO BAG CLASS		CARDIO BAG CLASS	KICKBOXING ALL LEVELS
10:00 A.M.	BAG WORK/ BARBELL CLUB	BAG WORK/ BARBELL CLUB	BAG WORK/ BARBELL CLUB	BAG WORK/ BARBELL CLUB	BAG WORK/ BARBELL CLUB	BAG THERAPY
	KICKBOXING ALL LEVELS		KICKBOXING ALL LEVELS		KICKBOXING ALL LEVELS	SPARRING ALL LEVELS
11:00 A.M.		FUNDAMENTALS KICKBOXING		FUNDAMENTALS KICKBOXING		TEAM CONDITIONING
5:00 P.M.	BAG WORK/ BARBELL CLUB	BAG WORK/ BARBELL CLUB	BAG WORK/ BARBELL CLUB	BAG WORK/ BARBELL CLUB		
	YOUTH KICKBOXING (10-14 YRS.)	TINY TOTS KICKBOXING (5-9 YRS.)	YOUTH KICKBOXING (10-14 YRS.)	TINY TOTS KICKBOXING (5-9 YRS.)		
5:30 P.M.		HIIT CLASS		HIIT CLASS		
6:00 P.M.	CARDIO BAG CLASS	BAG CLASS KICKBOXING BASICS	CARDIO BAG CLASS	Fight Fit Cardio Class	CARDIO BAG CLASS	
	KICKBOXING ALL LEVELS	FUNDAMENTALS KICKBOXING	KICKBOXING ALL LEVELS	FUNDAMENTALS KICKBOXING		
7:00 P.M.	SPARRING AND DRILLS ALL LEVELS	SPARRING AND DRILLS ALL LEVELS	SPARRING AND DRILLS ALL LEVELS	SPARRING AND DRILLS ALL LEVELS		
	BAG WORK/ BARBELL CLUB	BAG WORK/ BARBELL CLUB	BAG WORK/ BARBELL CLUB	BAG WORK/ BARBELL CLUB		