



Fitness Kickboxing Schedule

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
5:30-7:30AM	New: Open Gym Cardio/Stregth/Kick <i>Instructor: Danielle</i>		New: Open Gym Cardio/Stregth/Kick <i>Instructor: Ryan</i>		New: Open Gym Cardio/Stregth/Kick <i>Instructor: Ryan</i>	
8:00-8:45AM						Interval Strength Training <i>Instructor: Danielle</i>
9:00-9:30AM						
9:00-10:00AM	Bag work Lower Body Cond. <i>Instructor: Jeanette</i>	Bag work Upper Body Cond. <i>Instructor: Scott</i>	Cardio/Kick Circuit <i>Instructor: Jeanette</i>	Bag work Lower Body Cond. <i>Instructor: Scott</i>	Power Kick Total Body Conditioning <i>Instructor: Jeanette</i>	
5:15-6:00 PM						
5:30-6:15PM		Interval Strength Training <i>Instructor: Ryan</i>		Interval Strength Training <i>Instructor: Scott</i>	Power Kick (5:30-6:30) Total Body Conditioning <i>Instructor: Ryan</i>	
6:00-7:00PM	Cardio/Kick Circuit <i>Instructor: Katie</i>		Cycle/Kick Circuit <i>Instructor: Danielle</i>			
6:30-7:30PM		Bag work Lower Body Cond. <i>Instructor: Ryan</i>		Bag work Lower Body Cond. <i>Instructor: Scott</i>		

Rates

Drop In: \$15/Class

5 Class Punch Card: \$60

10 Class Punch Card: \$100

*Special Intro Rate: \$49/1 month of unlimited training

Month to Month Membership: \$99

Term: 6 Months Membership: \$89/Month Year Membership: \$79/Month

College Students 10% Off