



3920 Merrick Road
 Seaford, N.Y. 11783
 516-785-2725

Kickboxing & Fitness Schedule 2017

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Morning Classes	Total Body Tone 8:30-9:15	Bag Class 9:15-10:15 ***	Total Body Tone 8:30-9:15	Cardio Stretch 9:20- 10:05		Aerobic Kickboxing 9:00-10:00
Evening Classes	Aerobic Kickboxing 8:00-9:00	Bag Class 7:00-8:00 ***	Boot Camp 6:45-7:45	Bag Class 7:00-8:00 ***	Boot Camp 6:30-7:30	

***** YOU NEED GLOVES TO TAKE BAG CLASSES*****
CALL AND SCHEDULE A FREE CLASS TODAY