



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

Kickboxing & Fitness Schedule 2017

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Morning Classes		Bag Class 9:15-10:15 ***		Cardio/Circuit 9:15-10:15		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	

**Sunday 9:00 am – 10:00 am Bag Class
 Until Memorial Day Weekend**

***** YOU NEED GLOVES TO TAKE BAG CLASSES***
 (CAN BE PURCHASED AT THE STUDIO)**

Call us to schedule your first class