

Cardio Kickbox Class Schedule

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
9:30am	9:30am	9:30am	9:30am	9:30am	9:00am
4:00pm		4:00pm		5:00pm	10:00am Starting Feb Session
5:00pm	5:00pm	5:00pm	5:00pm	6:00pm Starting Feb Session	
6:00pm	6:00pm	6:00pm	6:00pm		
7:00pm	7:00pm	7:00pm	7:00pm		
8:00pm		8:00pm			

“Important Update To V.I.P Classes”

Now that our classes are unlimited, we will allow only **2 V.I.P** guests per class.
 Your guest can be scheduled into any **Bag Blast** class throughout the 6 week session.
 All V.I.P classes are by appointment only.



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