

FITNESS KICKBOXING CLASSES

<u>Monday</u> 6:00 pm	<u>Tuesday</u> 7:45 pm	<u>Wednesday</u> 6:00 pm	<u>Thursday</u> 8:00 pm
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Boxing Gloves Are Required For Training



KICKBOXING SPECIAL

Kickboxing Benefits
Burn 500 – 700 Calories
Gain Muscle Tone
Lose Weight
Strength Training