



Fitness Class Schedule

Free for VIP/ \$15 all other
Purchase a 10 class pass for \$120 and save!

Mondays-

1:00-2:00 Kickboxing* with Sensei Frank

Tuesdays-

10:00-11:00 Kickboxing* with Sensei Frank

Wednesdays-

10:00-11:00 Cardio & Sculpt with Alise

Fridays-

10:00-11:00 Kickboxing* with Sensei Frank

Saturdays-

9:00-10:00 Kickboxing* with Sensei Frank

**Kickboxing requires boxing gloves, hand wraps and jump rope.*

****Class schedule subject to change.*

