

# FITNESS PROGRAM



## Required Equipment for Classes

***Fitness Kickboxing** – Bag gloves or Boxing gloves, Hand wraps, Thai Pads (optional)*

***Fitness Boxing** – Bag gloves or Boxing gloves, Hand wraps, Focus Mitts (optional)*

***MMA Workout, Boxing** – Bag gloves or Boxing gloves, hand wraps*

**(Private lessons and open gym available)**

Time	Mon	Tues	Wed	Thurs	Fri	Sat
9A-10A						<b>FITNESS KICKBOXING</b>
10A-11A	<b>FITNESS KICKBOXING</b>	<b>CARDIO MMA</b>	<b>FITNESS KICKBOXING</b>	<b>CARDIO MMA</b>		
3P-4P	<b>FITNESS KICKBOXING</b>	<b>CARDIO MMA</b>	<b>FITNESS KICKBOXING</b>	<b>CARDIO MMA</b>		
6P-7P	<b>FITNESS KICKBOXING</b>	<b>FITNESS BOXING</b>	<b>CARDIO MMA</b>	<b>FITNESS KICKBOXING</b>		
7P-8P	<b>CARDIO MMA</b>	<b>FITNESS KICKBOXING</b>	<b>FITNESS KICKBOXING</b>	<b>CARDIO MMA</b>		