

Adult (14+)

		Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Sport Kickboxing Federation	White (beginner)	12:00pm-12:45pm 4:00pm-4:45pm 8:30pm-9:15pm	6:30am-7:30am 11:15am-12:00pm 4:00pm-4:45pm 6:00pm-6:45pm 7:45pm-8:30pm	12:00pm-12:45pm 4:00pm-4:45pm 8:30pm-9:15pm	6:30am-7:30am 11:15am-12:00pm 4:00pm-4:45pm 7:45pm-8:30pm		10:00am-10:45am 1:00pm-1:45pm	12:00pm-1:00pm
	Specialty Programs	Executive 7:00pm-7:45pm		7:00pm-7:45pm				
Specialty Classes (Drop In)	Adult Only (30+)		6:00pm-6:45pm		4:00pm-4:45pm		10am-10:45am	
	Sport Kickboxing Cardio	9:30am-10:30am		9:30am-10:30am		7:00pm-8:00pm	11:00am-12:00pm	11:00am-12:00pm
	Stretch Class					8:00pm-8:15pm	12:00pm-12:15pm	12:00pm-12:15pm
	Power30 Circuit	9:00am-12:00pm		9:00am-12:00pm		9:00am-12:00pm		
	Club Member Class					6:00pm-7:00pm		
	Sparring			7:45pm-8:30pm			12:00pm-1:00pm	
	Jiu Jitsu						1:00pm-2:00pm	

Youth (7-13)

		Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Sport Kickboxing Federation	White (beginner)		5:00pm-5:45pm		5:00pm-5:45pm 6:00pm-6:45pm	6:00pm-6:45pm	10:15am-11:00am	1:00pm-2:00pm

Kids (3-6)

		Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Sport Kickboxing Federation	White (beginner)		4:00pm-4:45pm		4:00pm-4:45pm 6:00pm-6:45pm	6:00pm-6:45pm	9:15am-10:00am	12:00pm-1:00pm

Tiny Champions (3-4)

		Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Sport Kickboxing Federation	White (beginner)		3:30pm-4:00pm		3:30pm-4:00pm			

other class options may be available with special consideration

masters club classes are one hour long for beginners