



MARTIAL ARTS KICKBOXING

(727) 392-3198

An up to the minute schedule can be found anytime at martialartskickboxing.com

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	Signature	Lower	Signature	Upper	Signature	Signature
6:45 AM	Kickboxing	Lower Strength	Kickboxing	Upper Strength	Kickboxing	
8:00 AM						Kickboxing
9:00 AM	Kickboxing	Lower Strength	Kickboxing	Upper Strength	Kickboxing	Kickboxing
10:00 AM						Reality Self Defense
10:30 AM						
12:00 PM						
3:45 PM						
4:45 PM	Kickboxing	Kickboxing	Kickboxing	Kickboxing	Kickboxing	
5:45 PM	Kickboxing	Lower Strength	Kickboxing	Upper Strength	Kickboxing	
5:45 PM		STRIKE+		STRIKE+		
6:45 PM	Kickboxing	Lower Strength	Kickboxing	Upper Strength		
7:30 PM						
Kickboxing	<i>Our Signature 45 minute workout led by a certified instructor. Each workout is a new challenge on the heavy bag. Beginners start in this program everyday!</i>					
Strength	<i>This is our weight lifting class focusing on major lifts needed to build muscle. We believe in being pound for pound strong. This means being lean, mobile and strong</i>					
STRIKE+	<i>A martial arts skill building class, these sessions will build your boxing/kickboxing skills through drills, combo mitt work and MMA conditioning</i>					