

## Kickboxing Gym Schedule

### Non-Contact Kickboxing

Circuit training, glove drills, bag work, etc.

- Tuesdays and Thursdays: 11 a.m | 4 p.m | 5:15 p.m. | 6:30 p.m. | 7:45 p.m.
- Saturdays: 12:00 noon Full Contact & Competitors and Open Gym Training MMA
- Mondays, Wednesdays, Fridays: 5:30 p.m. to 7:30 p.m.
- Saturdays: 1:00 p.m. to 2:30 p.m. Bodyworks (Ages 16 thru Adult)

It's one-hour, non-stop, high-energy aerobic, anaerobic & strength training consisting of bag work, light dumbbell work (3 lb.-10 lb.), medicine ball work and strength training from head to toe.

- Mondays and Wednesdays: 7:30 p.m to 8:30 p.m
- Saturdays: 11:00 a.m. to 12 noon

### Brazilian Jiu-Jitsu

2 Brazilian Jiu-Jitsu Black Belts on Staff. Members of Ricardo Almeida Brazilian Jiu-Jitsu (RABJJ) Association. 25 years experience. All equipment for training provided. Prices: \$120/month, MMA \$30 extra.

- Mondays and Wednesdays 7-8:30 p.m.
- Fridays 6-7:30 p.m.
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Saturdays 1-2:30 p.m.