

# KARATE & KICKBOXING 2018

# BODYWORKS

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	WEEKENDS
5:15 AM Kickboxing 12:00 PM Kickboxing 6:45 PM Kickboxing  <b>Karate*</b> 11:00 AM Kids Karate - GX #2 4:30 PM Kids Karate - Party Rooms	12:00 PM Kickboxing 6:45 PM Kickboxing  <b>Karate*</b> 5:30 PM Kids Karate - Party Rooms	5:15 AM Kickboxing 6:45 PM Kickboxing  <b>Karate*</b> 11:00 AM Kids Karate - GX #2 12:00 PM Adult Karate - GX #2 4:30 PM Kids Karate - Party Rooms	12:00 PM Kickboxing  <b>Karate*</b> 5:30 PM Kids Karate - Party Rooms 6:30 PM Adult Karate - Party Rooms	5:15 AM Kickboxing 12:00 PM Kickboxing 6:00 PM Kickboxing  <b>Karate*</b> 11:00 AM Adult Karate - Party Rooms	<i>Saturday</i> 9:00 AM Kickboxing
<b>3:00 PM - 4:30 PM RESERVED FOR KIDS CAMP</b>	<b>3:00 PM - 4:30 PM RESERVED FOR KIDS CAMP</b>	<b>3:00 PM - 4:30 PM RESERVED FOR KIDS CAMP</b>	<b>3:00 PM - 4:30 PM RESERVED FOR KIDS CAMP</b>	<b>3:00 PM - 4:30 PM RESERVED FOR KIDS CAMP</b>	

\*Class requires a membership with group training access. Ask at the front desk for details.

(cut here)