

December 2011 Schedule

mon				4:30-5:15pm Kickboxing Corey		5:30-6:00pm Kickboxing SPRINT Corey				CLOSED Sunday December 25th
tues					5:00-5:45pm Ninpo Taijutsu Level 1 & 2		6:00-7:00pm Kickboxing Boot Camp Donna			CLOSED Sunday January 1st Happy New Year
wed				4:30-5:15pm Kickboxing Corey		5:30-6:00pm Kickboxing SPRINT Corey				New Student SPECIAL Dec. 26- Jan. 2 Check website for details
thurs					5:00-5:45pm Ninpo Taijutsu Level 1 & 2		6:00-7:00pm Kickboxing Boot Camp Donna			
fri				4:45-5:30pm Circuit Training STATIONS! Corey			<div style="background-color: green; color: white; padding: 10px; text-align: center;"> <p>START TODAY (Always open enrollment)</p> <p>Hit the bag! (House gloves & wraps available for first classes)</p> <p>First Class is free. Come try it out! (Drop-in, punchcard & memberships available)</p> <p>Classes for all ages and fitness levels</p> <p>Casual Attire: No one dresses fancy here!</p> </div>			
sat	9:30-10:30am Intermediate Kickboxing Corey	10:30-11:00am Kickboxing Lite (Beginners) Corey	11:15-Noon Ninpo Taijutsu Make-Up 2nd & 4th Week of month							
sun				4:30-5:00pm Kickboxing Lite (Beginners) Corey		5:00-5:45pm Kickboxing Corey				

Email: info@themartialartsadvantage.com

*Effective 12/13/11 (subject to change)

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