



September 2010 Schedule

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|-------|---|---|--|---|--|--|---|--|--|--|--|
| mon |  | | | | 4:30-5:00pm Kickboxing Lite (Beginners) Corey | 5:30-6:15pm Intermediate Kickboxing Corey | 6:15-7:15pm Kickboxing Donna | | (This schedule Begins August 13th) | | |
| tues | | | | 4:30-5:15pm Kickboxing Corey | 5:15-6:00pm Ninpo Taijutsu Level 1 & 2 | 6:00-7:00pm Kickboxing Boot Camp Donna | 7:00-7:45pm G.I. Jane Kickboxing Justin | | | | |
| wed | | | | | 4:30-5:00pm Kickboxing Lite (Beginners) Corey | 5:30-6:15pm Kickboxing Corey | 6:30-7:00pm Kickboxing Lite (Beginners) Corey | | | | |
| thurs | | | | 4:30-5:15pm Kickboxing Corey | 5:15-6:00pm Ninpo Taijutsu Level 1 & 2 | 6:00-7:00pm Kickboxing Boot Camp Donna | 7:00-8:00pm Bounce & Burn Kickboxing Justin | | | | |
| fri | | | | | 4:30-5:00pm Kickboxing Lite (Beginners) Corey | 5:00-5:45pm Intermediate Kickboxing | <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> | | | | |
| sat | 9:15-10:15am Kickboxing Josh | 10:15-11:00am Ninpo Taijutsu All Levels | 11:15-12:00pm Kickboxing Corey | | | | | | | | |
| sun |  | | | | 4:30-5:00pm Kickboxing Lite (Beginners) Corey | 5:00-5:45pm Kickboxing Corey | | | | | |
| | | | | Email: info@themartialartsadvantage.com | | | | | | | |

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Effective 08/13/10