

March 2010 Schedule

mon				4:15-4:45pm Little Ninjas	4:45-5:15pm Mighty Dragons	5:15-6:00pm Intermediate Kickboxing Corey	6:15-7:15pm Kickboxing Donna			
	tues			4:30-5:15pm Kickboxing Corey	5:15-5:45pm Kickboxing Lite (Beginners) Corey	6:00-6:45pm Ninpo Taijutsu Level 1 & 2	7:00-7:45pm G.I. Jane Kickboxing Justin			
wed				4:15-4:45pm Little Ninjas	4:45-5:15pm Mighty Dragons	5:30-6:15pm Kickboxing Corey	6:30-7:00pm Kickboxing Lite (Beginners) Corey			
thurs				4:30-5:15pm Kickboxing Corey	5:15-5:45pm Kickboxing Lite (Beginners) Corey	6:00-6:45pm Ninpo Taijutsu Level 1 & 2	7:00-8:00pm Bounce & Burn Kickboxing Justin			
fri						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						5:00-5:45pm Kickboxing Corey				

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Effective 03/01/10