



KICKBOXING

Class	Mon	Tues	Wed	Thurs	Fri	Sat
Kickboxing	6:00pm to 7:00pm	6:00pm to 7:00pm	6:00pm to 7:00pm	6:00pm to 7:00pm	6:00pm to 7:00pm	10:00 to 11:00am
	7:00pm to 8:00pm		7:00pm to 8:00pm			

EVOLUTION FITNESS

Class	Mon	Tues	Wed	Thurs	Fri	Sat
eFit	6:00pm to 7:00pm	6:00pm to 7:00pm	6:00pm to 7:00pm	6:00pm to 7:00pm		

Fitness Kickboxing: These classes are 45 to 60 minutes of bag work and calisthenics. They include punches, kicks, knees, and elbows. Shoes are recommended. ***Classes are held upstairs***

eFit: These WOD (Workout of the Day) are high-intensity circuit training classes geared to burn fat quickly. There can be outdoor running work and comfortable shoes are recommended. ***Classes are held downstairs***

Both Kickboxing and eFit are designed for any age, shape and fitness level. All classes can be individually modified to the members needs. If modification is needed, please inform instructor.

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