



# MARTIAL ARTS KICKBOXING

(727) 392-3198

An up to the minute schedule can be found anytime at [martialartskickboxing.com](http://martialartskickboxing.com)

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	HIIT	LOWER	HIIT	UPPER	HIIT	SIGNATURE
5:45 AM		K-BOX Camp		K-BOX Camp		
6:45 AM					Kickboxing	
8:00 AM						Kickboxing
9:00 AM	Kickboxing	Strength Training	Kickboxing	Strength Training	Kickboxing	Kickboxing
10:00 AM						
10:30 AM						
12:00 PM						
1:00 PM						
3:30 PM						
4:45 PM	Kickboxing	Kickboxing	Kickboxing	Kickboxing	Kickboxing	
5:45 PM	Kickboxing	Strength Training	Kickboxing	Strength Training	Kickboxing	
6:45 PM	Kickboxing	Strength Training	Kickboxing	Strength Training		
7:30 PM						