



MARTIAL ARTS KICKBOXING

(727) 392-3198

An up to the minute schedule can be found anytime at martialartskickboxing.com

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	Heavy Bag	Lower	Heavy Bag	Upper	Heavy Bag	Signature
6:45 AM			Kickboxing		Kickboxing	
8:00 AM						Kickboxing
9:00 AM	Kickboxing	Strength Training	Kickboxing	Strength Training	Kickboxing	Kickboxing
10:00 AM						SPECIALS
10:30 AM						Reality Self Defense
12:00 PM						
1:00 PM						
3:30 PM						
4:45 PM	Kickboxing	Kickboxing	Kickboxing	Kickboxing	Kickboxing	
5:45 PM	Kickboxing	SHRED Circuit	Kickboxing	SHRED Circuit	Kickboxing	
6:45 PM	Kickboxing	Strength Training	Kickboxing	Strength Training		
7:30 PM	Jiu-Jitsu	Jiu-Jitsu	Jiu-Jitsu	Jiu-Jitsu		