



# 2018 June & July

## Class Schedule

(begins Mon, 6/4)

*\*Classes are 45  
minutes unless  
otherwise noted.*

	MON	TUES	WED	THURS	FRI	SAT
8:30 am	Kickboxing	Power & Core	Kickboxing	Power & Core	Kickboxing w/Bags	Power & Core
9:15-9:30		Flex & Flow		Flex & Flow		
9:30 am						Hapkido (Youth & Adults Open Mat)
10:15 am						Hapkido Blackbelt
4:30 pm	Youth Hapkido		Youth Hapkido			
5:30 pm	Kickboxing	Power & Core	Kickboxing w/Bags	Power & Core	Kickboxing w/Bags	
6:15-6:30 pm		Flex & Flow		Flex & Flow		
6:30 pm	Hapkido		Hapkido			

**Power & Core** Resistance training that packs a punch. Build long, lean muscles while improving core strength, flexibility, and balance. This dynamic class uses bands, weights, plyometrics, and high intensity intervals to increase your power and strength.

**Flex & Flow** Meditate, breathe, and stretch. This class is designed to complement our Power & Core sessions. You will improve your flexibility and focus through a variety of martial arts breathing techniques, meditation, dynamic stretching, and mat work.

**Kickboxing** Our high energy kickboxing classes (Cardio Kickbox, Kickbox Intervals, and Kickboxing with Bags) employ real and proper technique for a fun and empowering workout. You will master a variety of martial arts and boxing skills while getting an intense cardio workout.

**Hapkido** We are a Black Belt School! No matter what your age or experience, our traditional martial arts classes will bring out the best in you.