

Studio Fit Schedule

EFF. Jan 2026

Monday	Tuesday	Wednesday	Thursday	Friday
9:00 AM (60m) Adult Fitness Kickboxing (Bag Work)		9:00 AM (60m) Adult Fitness Kickboxing (Rhythmic Kickboxing)		9:00 AM (60m) Adult Fitness Kickboxing (Bag Work)
11:40 AM (30m) Deep Stretch	4:15 PM (45m) Youth Kickboxing		4:15 PM (45m) Youth Kickboxing	
	5:00 PM (60m) Primary Teen Kickboxing		5:00 PM (60m) Primary Teen Kickboxing	
	6:00 PM (60m) Advanced Teen Kickboxing		6:00 PM (60m) Advanced Teen Kickboxing	6:00 PM (60m) Adult Fitness Kickboxing (Bags & Whole Body)
7:00 PM (60m) Adult Fitness Kickboxing (Bags & Whole Body)	7:00 PM (60m) Adult Fitness Kickboxing (Rhythmic Kickboxing & Upper Body)	7:00 PM (60m) Adult Fitness Kickboxing (Bags & Core)	7:00 PM (60m) Adult Fitness Kickboxing (Rhythmic Kickboxing & Lower Body)	7:00 PM (30m) Deep Stretch

NEW MEMBERS: Try 2 weeks of kickboxing classes for \$59 with gloves included. A one on one 30 min orientation lesson is needed for students 6-13 years old. Email studiofit.petaluma@gmail.com to sign up!

CURRENT MEMBERS: Don't forget to check out our website for the calendar and check your member app



707.769.4745

www.studiofitpetaluma.com

Youth: 1st-5th Grade

Primary Teens: 6th-8th Grade - Advanced Teens: High School