



Phoenix Kickboxing & Self-Defense

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	
9 am to 10 am		Beginner (bag class)		Beginner (bag class)		Intermediate (pad class)	9 am to 10 am
10 am to 11 am						Beginner (bag class)	10 am to 11 am
11 am to 12 noon						Self-Defense	11 am to 12 noon
12 noon to 1 pm							12 noon to 1 pm
4:30 pm to 5 pm	Pre-KB (4 to 7 y.o.)	Pre-KB (4 to 7 y.o.)	Pre-KB (4 to 7 y.o.)	Pre-KB (4 to 7 y.o.)			4:30 pm to 5 pm
5 pm to 6 pm	Youth KB (8 to 12 y.o.)	Youth KB (8 to 12 y.o.)	Youth KB (8 to 12 y.o.)	Youth KB (8 to 12 y.o.)			5 pm to 6 pm
6 pm to 7 pm	Beginner (bag class)	Beginner (bag class)	Beginner (bag class)	Beginner (bag class)			6 pm to 7 pm
7 pm to 8 pm	Intermediate (pad class)	Self-Defense	Intermediate (pad class)	Self-Defense			7 pm to 8 pm

CLASS DESCRIPTION (for a more complete description, see below):

Pre-Kickboxing - kids class for 4 to 7 year olds, basic Kickboxing

Youth Kickboxing - kids class for 8 to 12 year olds, basic Kickboxing

Beginner Kickboxing - adult and teen class, fitness and Kickboxing on heavy bag

Intermediate Kickboxing- adult and teen class, partners working pads in Kickboxing and fitness

Self-Defense - adult and teen class, street based self-protection

Note: Phoenix Kickboxing will help determine the appropriate class for each student. The ages we suggest are guidelines only. Adult participants will be offered the opportunity to progress to more challenging classes, such as the Intermediate Classes, once they have demonstrated proficiency in the more fundamental classes. Any and all classes may limit attendance depending upon: number of instructors, number of participants, occupancy and overall safety.