



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							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

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 a 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

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