



CLASS SCHEDULE & DESCRIPTIONS

Monday	Tuesday	Wednesday	Thursday	Friday
Pre-Hab 9 - 10 a.m.		Pre-Hab 9 -10 a.m.		Pre-Hab 9-10 a.m.
Body Combat 6:10-7 p.m.		First Punch 6:10-7 p.m.		

Pre-Hab

Do you exercise with pain or tight joints that don't allow you to enjoy your day-to-day life? Do you have issues with your balance and limited use of your core? If you said yes to any of those questions, or are having concerns on these issues, this is the class for you!

Pre-Hab will work you through many exercises to relieve pain, increase stability, get your heart pumping, and give you more mobility throughout your body. When you join this class, you will never look at TRX bands and foam rollers the same way. Join us and take the next step in your wellness journey.

Body Combat

Want to mix up your routine with a class that will punch, kick, and knee you to a new body? Body combat is the class that your body has been craving. Body Combat is a combination of Boxing, Kickboxing, and Muay Thai that will blast your cardio, as well as your confidence, to a whole new level. Body Combat uses fighting styles mixed with technical cardio to change your life. Punch and kick yourself forward to a new YOU!

First Punch

Never thrown a punch or a kick? Have you taken kickboxing class before and wanted to get back into it or just want to work on the fundamentals of kickboxing? First Punch is that class that will hit that itch. First Punch is a blend of Muay Thai, kickboxing, boxing, and interval training. This class will go over basic combinations, form, cardio, and coordination. First Punch will help you have a solid fundamental base to crush our Body Combat class. Have fun, sweat, and find a new way to get into shape!