



CARDIO SCHEDULE

Home of the "2018 USA BLACK BELT MARTIAL ARTS HALL OF FAME" Kyoshi Herbie Bagwell

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday

Cardio Boxing

9:00 am- 10:00 am

Cardio Boxing

9:00 am- 10:00 am

Cardio Kick

7:00 pm- 8:00 pm

Cardio Kick

7:00 pm- 8:00 pm

PRIVATE LESSONS
by
Appointment Only

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Cardio Kick

8:00 pm- 9:00 pm

Boot Camp!

8:00 pm- 9:00 pm

