



SCHEDULE EFFECTIVE: SEPTEMBER 2ND, 2025

150 FRIES MILL ROAD | TURNERSVILLE, NJ | 08012
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<u>CLASSES</u>	<u>MONDAY</u>	<u>TUESDAY</u>	<u>WEDNESDAY</u>	<u>THURSDAY</u>	<u>FRIDAY</u>	<u>SATURDAY</u>	<u>SUNDAY</u>
<u>LITTLE KICKBOXERS</u> (4-6 YEARS)	5:00-5:30PM	5:15-5:45PM	5:00-5:30PM	5:15-5:45PM	NO CLASS	9:30-10:00AM	NO CLASS
<u>KIDS KICKBOXING</u> <u>WHITE-PURPLE BELT</u> (7-11 YEARS)	5:45-6:30 PM ORANGE/PURPLE SPARRING	6:00-6:45PM	5:45-6:30PM ORANGE/PURPLE SPARRING	6:00-6:45PM	NO CLASS	10:15-11:00AM ORANGE/PURPLE SPARRING	NO CLASS
<u>KIDS KICKBOXING</u> <u>BLUE-BLACK BELT</u> (7-11 YEARS)	5:45-6:30PM SPARRING	6:00-6:45 PM	5:45-6:30PM SPARRING	6:00-6:45PM	NO CLASS	10:15-11:00AM SPARRING	NO CLASS
<u>MUAY THAI</u> <u>KICKBOXING</u> (12+)	6:45-7:30PM DRILLS & SPARRING	6:15-7:00PM	6:45-7:30PM DRILLS & SPARRING	6:15-7:00PM	NO CLASS	8:30-9:15AM DRILLS & SPARRING	NO CLASS
<u>FITNESS KICKBOXING</u> & <u>BOOT CAMP</u> (16+)	5:45-6:30AM BOOT CAMP 9:30-10:15 AM KICKBOXING 6:45-7:30 PM BOOT CAMP	5:45-6:30 AM BOOT CAMP 9:30-10:15 AM BOOT CAMP 7:00-7:45 PM KICKBOXING	5:45-6:30AM BOOT CAMP 9:30-10:15 AM KICKBOXING 6:45-7:30PM BOOT CAMP	5:45-6:30 AM KICKBOXING 9:30-10:15 AM BOOT CAMP 7:00-7:45PM KICKBOXING	5:45-6:30AM KICKBOXING 9:30-10:15AM KICKBOXING	8:30-9:15AM KICKBOXING	8:30-9:15AM HYBRID

**"Your PROGRESS is our PASSION
EFFORT is your RESPONSIBILITY!"**