



490 Cornwall Ave.
Cheshire, CT 06410
203-439-9193
www.kicktofitness.com

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Morning					Cardio Kickboxing 09:15 AM- 10:00 AM	Power 60 8:30 AM - 9:30 AM Kids 9:45 AM - 10:15 AM Youth/Adult All Levels 10:15 AM - 11:00 AM
Evening	Kids 4:45 PM - 5:15 PM Youth All Levels 5:15 PM - 6:00 PM Adult All Levels 6:00 PM - 7:00 PM Cardio Kickboxing 7:00 PM - 7:45 PM	Kids 5:30 PM - 6:00 PM Youth Level 1-2 6:00 PM - 6:45 PM Cardio Kickboxing 6:15 PM - 7:00 PM Youth Levels 3-4 6:45 PM - 7:30 PM Strength& Conditioning 7:45 PM - 8:30 PM	Kids 4:45 PM - 5:15 PM Youth All Levels 5:15 PM - 6:00 PM Adult All Levels 6:00 PM - 7:00 PM Strength& Conditioning 7:00 PM - 7:45 PM Cardio Kickboxing 7:00 PM - 7:45 PM	Strength& Conditioning 6:15 PM - 7:00 PM Youth Level 1-2 6:00 PM - 6:45 PM Youth Level 3-4 7:00 PM-7:30 PM Black Belt Class 7:30 PM - 8:00 PM Cardio Kickboxing 6:15 PM - 7:00 PM	Elite Club 6:00PM - 7:00 PM Special Events	

Hapkido
 Fitness

Fitness Schedules By Class

Cardio Kickboxing: MON/WED 7:00 pm-7:45 pm ; TUES/THURS 6:15 pm-7:00 pm ; FRI 9:15am-10:00 am

Strength & Conditioning: TUES 7:45 pm-8:30 pm / WED 7:00 pm-7:45 pm / THURS 6:15 pm-7:00 pm

Power 60: SAT 8:30 am-9:30 am

Hapkido Schedules By Class

Kids: MON/WED 4:45 pm-5:15 pm / TUES 5:30 pm-6:00 pm / SAT 9:45 am-10:15 am

Youth All Levels: MON/WED 5:15 pm - 6:00 pm / SAT 10:15 am-11:00 am

Youth Level 1-2: TUES/THURS 6:00 pm-6:45 pm

Youth Level 3-4: TUES/THURS 6:45 pm-7:30 pm

Adult All Levels: MON/WED 6:00 pm-7:00 pm / SAT 10:15 am-11:00 am

Black Belt Class: THURS 7:30 pm-8:00 pm

Elite Club: FRI 6:00 pm-7:00 pm