



**FAMILY  
MARTIAL  
ARTS**  
AND FITNESS

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

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Morning						Strength Training 8:30 AM - 9:30 AM
Evening	Martial arts 6:00 PM - 7:00 PM Kickboxing 7:00 PM - 7:45 PM	Martial arts 6:00 PM - 7:00 PM Kickboxing 6:15 PM - 7:00 PM	Martial arts 6:00 PM - 7:00 PM Strength Training 7:00 PM - 7:45 PM	Martial arts 6:00 PM - 7:00 PM Strength Training 6:15 PM - 7:00 PM	Black Belt Class 6:00 PM - 7:00 PM	

■ Michelle  
■ Gary  
■ Jonathan

▴ Hapkido  
▴ Fitness

▼ Fitness Schedules By Class

**Kickboxing:** MON 7:00 pm-7:45 pm ; TUES 6:15 pm-7:00 pm

**Strength Training:** WED 7:00 pm-7:45 pm ; THURS 6:15 pm-7:00 pm; SAT 8:30 am - 9:30 am

▴ Hapkido Schedules By Class

**Martial arts:** MON/THURS 6:00 pm-7:00 pm

**Black Belt:** FRI 6:00 pm-7:00 pm