



KICKBOXING | MMA | POWER CIRCUIT
VANCOUVER CLUB CLASS SCHEDULE

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Open Training Starting 12 pm	Cardio Kickboxing 8:30-9:30 am	Open Training Starting 12 pm	Cardio Kickboxing 8:30-9:30 am	Open Training Starting 12 pm	Adult All Levels 10:00-11:00
Open Training	Open Training Starting 12 pm	Open Training	Open Training Starting 12 pm	Open Training	Youth All Levels 11:00-12:00
Open Training Ends 4 pm	Open Training Ends 4 pm	Open Training Ends 4 pm	Open Training Ends 4 pm	Open Training Ends 4 pm	Kids All Levels 12:00-1:00
Kids All Levels 4:15-5:00	Kids All Levels 4:15-5:00	Kids All Levels 4:15-5:00	Kids All Levels 4:15-5:00	Kids All Levels 4:15-5:00	Semi-Private Session 1:00-2:00
Youth Beginner 5:00 - 6:00	Youth All Levels 5:00-6:00	Youth Beginner 5:00 - 6:00	Youth All Levels 5:00-6:00	Youth All Levels 5:00-6:00	Semi-Private Session 2:00-3:00
Adult Beginners Intermediate 6:00-7:00	Adult Intermediate to Advanced 6:00-7:00	Adult Beginners Intermediate 6:00-7:00	Adult Intermediate to Advanced 6:00-7:00	Adult Intermediate to Advanced 6:00-7:00	Closed 3pm
All Ages Kickboxing & MMA Fighting Class 7:00-8:00	Adult Intermediate to Advanced 7:00-8:00	Adult Beginners Intermediate 7:00-8:00	Adult Intermediate to Advanced 7:00-8:00	Adult Intermediate to Advanced 7:00-8:00	
Closed 8:00	Closed 8:00	Closed 8:00	Closed 8:00	Closed 8:00	

OPERATING HOURS

Monday to Friday 12:30pm to 8pm

SAT. 10am to 3pm

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