



# 979-4001

## Class Schedule

[www.kerseykickbox.com](http://www.kerseykickbox.com)

“The Forest Glade Plaza”

Time	Mon	Tues	Wed	Thurs	Fri	Sat
9:15 AM	KICKBOX 8X KRISTA	CARDIO BLAST FRAN	BAG 7X -WEIGHTS BRANDON	CARDIO -CIRCUIT KRISTA		KICKBOX 8X INSTRUCTORS ROTATED
10:30 AM						BAG -CIRCUIT BRANDON B
12:00PM	KICKBOX 8X BRANDON		BAG -CIRCUIT FRAN		KICKBOX 8X FRAN	
4:00 PM	KICKBOX 8X BRANDON	KICKBOX 8X MALLORI	CARDIO- CIRCUIT KRISTA	KICKBOX 8X B BRANDON	KICKBOX 8X LAUREN	
5:15 PM	KICKBOX 8X AMY	BAG 7X -WEIGHTS KRISTA	KICKBOX 8X LAUREN	KICKBOX 8X JILL	KICKBOX 8X DARREN	
6:30 PM	CARDIO BAG KRISTA	KICKBOX 8X BRANDON	KICKBOX 8X MICHELLE	BAG-CIRCUIT ANGIE		
7:45 PM	BAG 7X -WEIGHTS FRAN	KICKBOX 8X JUSTINA	KICKBOX 8X JUSTINA	KICKBOX 8X DARREN		



Track Your Score &  
Workouts!



### Kersey Kickbox App

Studio Code:  
kerseykickbox

Download App  
Class Updates  
Gym Events  
Schedule

# Class Descriptions

## KICKBOX 8X

equipment needed:hand wraps & boxing gloves

12 min warm up & stretch  
8 3min rounds on heavy bag  
40 sec rest inbetween rounds  
12 core/strength/stretch

## KICKBOX 7X /WEIGHTS

equipment needed:hand wraps & boxing gloves

8 min warm up & stretch  
7 3min rounds on heavy bag  
40 sec rest inbetween rounds  
20 min weights

## KICKBOX 4X/CIRCUIT

equipment needed:hand wraps & boxing gloves

8 min warm up & stretch  
4 3min rounds on heavy bag  
40 sec rest inbetween rounds  
5-6 stations with various equipment  
TRX,Kettlebell,Battle Ropes, Plyo Box ect

## CARDIO BLAST

55 min Cardio Workout  
Stretch, Cardio, Core

## CARDIO/CIRCUIT

30 min cardio workout  
5-6 stations with various equipment  
TRX,Kettlebell,Battle Ropes, Plyo Box ect

