



979-4001

Class Schedule

www.kerseykickbox.com

"The Forest Glade Plaza"

Time	Mon	Tues	Wed	Thurs	Fri	Sat	Sun
9:00 AM						CARDIOBLAST ZOE/FRAN	
9:15 AM	KICKBOX 8X KRISTA	CARDIO BLAST FRAN	BAG 7X -WEIGHTS BRANDON	CARDIO -CIRCUIT KRISTA			
10:15 AM						BAG -CIRCUIT ALLIE	
11:30 AM						KICKBOX 8X BRANDON B	
12:00PM	KICKBOX 8X SANYA		BAG -CIRCUIT KRISTA		KICKBOX 8X FRAN		
4:00 PM	KICKBOX 8X BRANDON	KICKBOX 8X BRANDON	CARDIO- WEIGHTS KRISTA	BAG -CIRCUIT ALLIE	KICKBOX 8X LAUREN		
5:15 PM	KICKBOX 8X AMY	BAG 7X -WEIGHTS KRISTA	BAG -CIRCUIT SAM	BAG 7X -WEIGHTS BRANDON	KICKBOX 8X DARREN		
6:30 PM	CARDIO BAG KRISTA	BAG -CIRCUIT BRANDON	KICKBOX 8X AMY	KICKBOX 8X ANGIE			
7:45 PM	BAG 7X -WEIGHTS FRAN	KICKBOX 8X CARL	KICKBOX 8X SANYA	KICKBOX 8X CARL			



Track Your Score &
Workouts!



Kersey Kickbox App

Studio Code:
kerseykickbox

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Schedule