



# 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	<b>KICKBOX 8X</b> KRISTA	<b>CARDIO BLAST</b> FRAN	<b>BAG 7X - WEIGHTS</b> BRANDON	<b>CARDIO - CIRCUIT</b> KRISTA		<b>KICKBOX 8X</b> MICHELLE/ SAM
10:30 AM						<b>BAG -CIRCUIT</b> FRAN
12:00PM	<b>KICKBOX 8X</b> BRANDON		<b>BAG -CIRCUIT</b> FRAN		<b>KICKBOX 8X</b> FRAN	
4:00 PM	<b>KICKBOX 8X</b> BRANDON	<b>KICKBOX 8X</b> KRISTA	<b>CARDIO-CIRCUIT</b> KRISTA	<b>KICKBOX 8X</b> MARSHALL	<b>KICKBOX 8X</b> LAUREN	
5:15 PM	<b>KICKBOX 8X</b> AMY	<b>BAG 7X - WEIGHTS</b> MALLORI	<b>KICKBOX 7X-CIRCUIT</b> AMY	<b>KICKBOX 8X</b> JILL	<b>KICKBOX 7X-CIRCUIT</b> SARA	
6:30 PM	<b>CARDIO BAG</b> KRISTA	<b>KICKBOX 8X</b> BRANDON	<b>KICKBOX 8X</b> MICHELLE	<b>BAG-CIRCUIT</b> ANGIE		
7:45 PM	<b>BAG 7X - WEIGHTS</b> FRAN	<b>KICKBOX 8X</b> SARA	<b>KICKBOX 8X</b> MARSHALL	<b>KICKBOX 8X</b> INSTRUCTORS ROTATED		

### KICKBOX 8X

12:00 min warm up & stretch  
 (8) 3:00 min rounds on heavy bag  
 40 second active rest between rounds  
 12:00 min core/strength/stretch

### KICKBOX 7X/ & Weights

8:00 min warm up & stretch  
 (7) 3:00 min rounds on heavy bag  
 40 second active rest between rounds  
 20:00 min weights

### KICKBOX 4X/ & CIRCUIT

8:00 min warm up & stretch  
 (4) 3:00 min rounds on heavy bag  
 40 second active rest between rounds  
 5-6 stations, with various equipment  
 TRX, Kettlebell, Battle Ropes, Plyo box ect

### CARDIO BLAST

55:00 min Cardio Workout  
 Stretch, Cardio, Core

### CARDIO/CIRCUIT

30:00 min Cardio Workout  
 5-6 stations, with various equipment TRX, Kettlebell, Battle Ropes, Plyo box ect