

Cardio Kickboxing Schedule Starts October 10th, 2017

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
9:15-10:00 am Bag	9:15-10:00am Bag	9:15-10:00 am Bag	9:15-10:00 am Circuit Training	9:15-10:00 am Bag	9:00-9:45 am Bag	
			8:00-8:45 pm Body Blast			

Cardio Kickboxing Price List

1 Year Postdated Cheques: \$57.96 + HST per month (\$65.00)

1 Year up – front: \$700.00 including HST

Pay as you go: \$17.70 + HST (\$20.00)

10 Class card \$132.74 Plus HST (\$150.00)

Pay \$130.00 + HST up-front for two months and receive gloves for FREE!!! New members only