

# Cardio Kickboxing Schedule

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
9:00-9:55 am Bag	9:00-9:55am Bag	9:00-9:55am Bag	9:00-9:55am Circuit Training	9:00-9:55am Bag		

## **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\*\*\*