

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 | | |
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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