

Class Schedule

Mon	Tue	Wed	Thu	Fri	Sat	Sun
Cardio Boxing 9-9:50AM		Cardio Boxing 9-9:50AM		Cardio Boxing 9-9:50AM	Yoga 9-9:50AM	Tai Chi 9-1PM
Cardio Kickboxing 10-10:50AM	Cardio Boxing 10-10:50AM	Cardio Kickboxing 10-10:50AM	Cardio Boxing 10-10:50AM	Tai Chi 11-1PM	1st Brown Black 10-10:50AM	
Cardio Boxing 12-12:50PM	Cardio Kickboxing 12-12:50PM	Cardio Boxing 12-12:50PM	Cardio Kickboxing 12-12:50PM	Cardio Boxing 2-2:50PM	No Belt White Belt 10:50-11:40AM	
Gold/Green 4:20-5:10PM	1st Brown Black 4:20-5:10PM	No Belt White Belt 4:20-5:10PM	1st Brown Black 4:20-5:10PM	No Belt White Belt 4:20-5:10PM	Gold/Green 11:40-12:30PM	Yoga 1:30-2:20PM
Purple Blue 5:10-6PM	No Belt White Belt 5:10-6PM	Purple/Blue 5:10-6PM	No Belt White Belt 5:10-6PM	Gold/Green 5:10-6PM	Purple Blue 12:30-1:20PM	Cardio Boxing 2:30-3:20PM
Red Brown 6-6:50PM	Gold/Green 6-6:50PM	Red Brown 6-6:50PM	Gold/Green 6-6:50PM	Purple/Blue 6-6:50PM	Red Brown 1:20-2:10PM	Cardio Kickboxing 3:30-4:20PM
No Belt White Belt 6:50-7:40PM	Black 6:50-7:40PM	No Belt White Belt 6:50-7:40PM	Black 6:50-7:40PM	Red Brown Black 6:50-7:40PM	Cardio Boxing 2:30-3:20PM	
	Gold/Green Purple/Blue 7:40-8:30PM	Tai Chi 7:40-9:30PM	Gold/Green Purple/Blue 7:40-8:30PM			
Cardio Kickboxing 8-8:50PM	Cardio Boxing 8:40-9:30PM		Cardio Kickboxing 8:40-9:30PM	Cardio Boxing 8-8:50PM		

****ADULT CARDIO BOXING/KICKBOXING/YOGA STARTING IN AUGUST 2019**

Pre-Sale Rates Are Currently Being Offered!!!

Contact us at cmb@colesmartialarts.com with any questions.

Kid's Classes: Monday - Thursday 4:20pm - 6:00p Adult Classes: Monday - Thursday 6:50pm - 8:30p Friday and Saturday classes are adult and children combined. *Please Note: Adults are permitted to take kids classes but kids are not permitted in adult classes.

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