

Summer Class Schedule

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
					Kardio Kickbox H.I.T. 9:00 - 10:00
	Kardio Kickbox Body Sculpt 9:30 - 10:30	Core Yoga with Pam Purcell 9:30 - 10:30	Kardio Kickbox H.I.T. 9:30 - 10:30	Kardio Kickbox Body Sculpt 9:30 - 10:30	
				By Appointment Only	Open Kids Karate 10:30 - 11:15
	Intermediate Kids Karate 4:30 - 5:15		Intermediate Kids Karate 4:30 - 5:15		Privates
Beginner Kids Karate 5:00 - 5:45		Beginner Kids Karate 5:00 - 5:45			
Kardio Kickbox H.I.T. 6:00 - 7:00	Advanced Kids Karate 5:30 - 6:15	Kardio Kickbox H.I.T. 6:00 - 7:00	Advanced Kids Karate 5:30 - 6:15	Kardio Kickbox H.I.T. 6:00 - 7:00	Closed 1:00
Privates	Adult Karate 6:45 - 7:45	Core Yoga with Pam Purcell 7:15 - 8:15	Adult Karate 6:45 - 7:45	By Appointment Only	
	Privates		Privates		
Closed 9:00	Closed 9:00	Closed 9:00	Closed 9:00	Closed 9:00	

**FALMOUTH
SELF DEFENSE**

Kardio Kickbox
CENTER



767 East Falmouth Highway
East Falmouth, MA
(in Kenyon's Plaza)

(508) 548-5888

www.falmouthselfdefense.com

Check us out on Facebook! 