

EDMONDS MKG MAX10 KICKBOXING BOOTCAMP CHALLENGE

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
6:30	MAX10 CHALLENGE 6:30 TO 7:30AM	MAX10 CHALLENGE 6:30 TO 7:30AM	MAX10 CHALLENGE 6:30 TO 7:30AM	MAX10 CHALLENGE 6:30 TO 7:30AM	MAX10 CHALLENGE 6:30 TO 7:30AM	ADULT MARTIAL ARTS AND KICKBOXING 11:00 TO 12:30 (not included)
7:30						
11:00						
12:00						
12:30						
6:10	MAX10 CHALLENGE 6:10 TO 7:10 PM	MAX10 CHALLENGE 6:10 TO 7:10 PM	MAX10 CHALLENGE 6:10 TO 7:10 PM	MAX10 CHALLENGE 6:10 TO 7:10 PM	MAX10 CHALLENGE 6:10 TO 7:10 PM	
7:10						
7:15	ADULT MARTIAL ARTS AND KICKBOXING 7:15 TO 8:30 PM (not included)		ADULT MARTIAL ARTS AND KICKBOXING 7:15 TO 8:30 PM (not included)			
8:00						
8:30						

ADULT MARTIAL ARTS
AND KICKBOXING
11:00 TO 12:30
(not included)

CLOSED
PRIVATE LESSONS AVAILABLE WITH APPOINTMENT
7:30 AM TO 6:10 PM