

Bernardo Karate Limited Cardio Kickboxing Schedule

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
10:00-11:00		10:00-11:00		10:00-11:00	9:00-9:45
	12:00 -1:00		12:00-1:00		
12:00-1:00		12:00-1:00		12:00-12:45	
1:30-3:30 Open gym	1:30-4:00 Open gym	1:30-3:30 Open gym	1:30-4:00 Open gym	1:30-3:30 Open gym	10:00-10:45
4:00-4:45		4:00-4:45		4:00-4:45	11:00-11:45
5:00-5:45	5:00-5:45	5:00-5:45	5:00-5:45	5:00-5:45	12:00-12:45
6:00-6:45	6:00-6:45	6:00-6:45	6:00-6:45		
7:00-7:45	7:00-7:45	7:00-7:45	7:00-7:45		

All Cardio kickboxing members need to sign up for classes at www.bernardokarate.com

Members wishing to attend the “open” gym times need to call 519-659-2504 to reserve a spot.

Please review all safety protocols listed on our website.

Remember to come in your workout clothes. Change rooms/showers are closed. Washrooms are open. No gym bags permitted.

Due to sanitation issues our water fountain will be closed; we recommend all members bring water with them.

Class sizes are limited so that each member can maintain proper social distancing

In order to maintain social distancing in our lobby area we ask students to arrive 5 minutes before their scheduled class time.

Members must wear a face covering/mask at all times except while exercising.