

Bernardo Karate Cardio Kickboxing Class times Summer schedule starting July 16th 2021

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
10:00-10:45		10:00-10:45		10:00-10:45	9:00-9:45
	12:00 -12:45		12:00-12:45		
					10:00-10:45
				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	
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		

Please review all safety protocols listed on our website.

Remember to come in your workout clothes. Change rooms/showers remain closed for the time being. Washrooms are open. Due to Covid-19 our water fountain will remain closed; we recommend all members bring water with them.

Class sizes are limited so that each member can maintain proper social distancing. Sign up on our website via Calendly.

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

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

www.bernardokarate.com