



Oxford Cardio Kickboxing – Fall 2023 Class Schedule

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
10:00 - 10:45 Cardio Kickboxing		10:00 - 10:45 Cardio Kickboxing		10:00 - 10:45 Cardio Kickboxing	9:00 - 9:45 Cardio Kickboxing
	12:00 - 12:45 Cardio Kickboxing		12:00 - 12:45 Cardio Kickboxing		10:00 - 10:45 Cardio Kickboxing
5:00 - 5:45 Cardio Kickboxing	5:00 - 5:45 Cardio Kickboxing	5:00 - 5:45 Cardio Kickboxing	5:00 - 5:45 Cardio Kickboxing	5:00 - 5:45 Cardio Kickboxing	
6:00 - 6:45 Cardio Kickboxing	6:00 - 6:45 Cardio Kickboxing	6:00 - 6:45 Cardio Kickboxing	*6:00 - 6:45 Heavy Bag & Bells		
7:00 - 7:45 Cardio Kickboxing	7:00 - 7:45 Cardio Kickboxing	7:00 - 7:45 Cardio Kickboxing	7:00 - 7:45 Cardio Kickboxing		

If you are attending a **FREE trial class**, you need to schedule it ahead of time at 519-659-2504.

Availability is based on a first-come, first-serve basis.

Wear comfortable clothing. No shoes are permitted.

Bring a sweat towel and water bottle.

We offer 3, 6 and 12 month memberships.

SIGN-UP TODAY TO GET ONE FREE CARDIO KICKBOXING CLASS

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WE ARE ALSO ON [INSTAGRAM](#) AND [TWITTER](#)