



## Dearness Cardio Kickboxing – Class Schedule

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	6:10 – 6:55 Cardio Kickboxing		6:30 – 7:15 Cardio Kickboxing	5:30 – 6:15 Cardio Kickboxing	11:30 – 12:00 Kids Kickboxing
7:10 – 7:55 Cardio Kickboxing		7:20 – 8:05 Cardio Kickboxing			

[Like us on Facebook at Bernardo Karate Dearness](#)  
[Follow us on Instagram @bernardokaratedearness](#)

If you are attending a **FREE trial class** you need to schedule it ahead of time at 519-691-0999.

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.