



## Oxford Cardio Kickboxing 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 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.

Schedule subject to change.