



White Oaks 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 | | | |
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[Follow us on Instagram @bernardokaratewhiteoaks](#)

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.