



KICKBOXING

We're now offering kickboxing for kids and adults!

JR. KICKBOXING (AGES 6 - 8 AND 9 - 12)

This class will assist children with developing physical fitness along with kickboxing techniques. Kickboxing classes also help children increase their self-confidence, improve focus and concentration, develop self-discipline, and build mental toughness. (*Gloves not provided – please bring your own).

ADULT THAI BOXING

Take your fitness to the next level with Muay Thai Kickboxing. It is a fun and efficient way to burn fat and lose weight that also builds your core, flexibility, and overall strength. These lessons not only keep you fit but also maintain your personal safety as you learn take down techniques and combat style moves. (*Gloves are not provided – please bring your own).

**Scan here for
more information**



Free Trial Class

