

# Best Fitness Kickboxing Class Schedule

MON	TUE	WED	THUR	FRI	SAT	SUN
	7:30 AM KB		7:30 AM KB	7:30 AM KB		CLOSED
9:00 AM KB		9:00 AM KB		9:00 AM KB	9:00AM KB	
	9:30AM KB		9:30AM KB		10:00AM KB	
					11 – 11:30 P.M. KK (3 – 5 Yrs Old)	
					12 – 12:45 P.M. KK (6 – 12 Yrs Old)	
4:00PM KB	4 – 4:30 P.M. KK (3 – 5 Yrs Old)	4:00PM KB	4 – 4:30 P.M. KK (3 – 5 Yrs Old)	4:00PM KB		
	4:30 – 5:15 P.M. KK (6 – 12 Yrs Old)		4:30 – 5:15 P.M. KK (6 – 12 Yrs Old)			
5:00PM KB		5:00PM KB		5:00PM KB		
6:00PM KB	6:00PM KB	6:00PM KB	6:00PM KB	6:00PM KB		
7:00PM KB	7:00PM KB	7:00PM KB	7:00PM KB	7:00PM KB		
	8:00PM KB		8:00PM KB			

KB = Kickboxing | KK = Kids Karate

2803 Merrick Road, Bellmore, NY 11710

(516) 804 3232 | [WWW.BestFitnessKickboxing.Com](http://WWW.BestFitnessKickboxing.Com)