



Kardio Kickboxing Class Schedule
387 Pompton Ave (downstairs from CVS)
Cedar Grove, NJ 07009
973-239-7654

MORNINGS

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	*FRIDAY	SATURDAY
9:15- 10:15 am	9:15- 10:15 am	9:15- 10:15 am	9:15- 10:15 am	9:15- 10:30 am	9:00- 10:00 am
40 min Kardio plus 20 min. ACTIVE stretch	Challenge Kardio Kickboxing plus bands seg.	Lower Body Blast Kardio Kickbox plus bands seg.	Maximum burn Kardio Kickbox plus bands seg.	40 min Kardio plus 35 min. ACTIVE stretch	Challenge Kardio Kickbox plus bands seg.

***Extended class**

EVENINGS

MONDAY	TUESDAY	WEDNESDAY	THURSDAY
8:00-9:00pm	7:00-8:00pm	8:00-9:00pm	7:00-8:00pm
40 min Kardio plus 20 min. ACTIVE stretch	Maximum burn Kardio Kickbox plus bands seg.	Challenge Kardio Kickboxing	Lower Body Blast Kardio Kickbox plus bands seg.

**** Schedule subject to change without notice**

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Talium Kardio Kickboxing