

Friday Kickboxing

Fridays, 5:00 - 6:00 pm



THE CLASS:

Aerobic Kickboxing Drills

Balance & Stability Exercises

Kickboxing (Non-Contact & Controlled Contact)

WHEN: Every Friday

TIME: 5:00 to 6:00 pm

WHO: Everyone, Aged 12 and above

NO experience needed, Beginners and
Seniors Welcome

EQUIPMENT: Bring your gloves

INSTRUCTOR: Mr Barber

COST: \$85 monthly



PETALUMA ACADEMY OF MARTIAL ARTS

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