



Class Schedule



Phone: (603) 262-9299

E-Mail: StrikebackDDS@msn.com

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
9:00 - 10:00 am Cardio Kickboxing		9:00 - 10:00 am Cardio Kickboxing	"MORNING WORKOUT" Taping	9:00 - 10:00 am Cardio Kickboxing	9:00 - 10:00 am Cardio Kickboxing	C L O S E D
3:30 - 4:30 pm Super Youth	3:00 - 5:00 pm Open Floor/Private Training	12:00 - 1:00pm Open Defense	3:00 - 5:00 pm Open Floor/Private Training	12:00 - 1:00pm Open Defense	10:00 - 11:00 am Youth Sparring	
4:30 - 5:30 pm Weapons	5:00 - 6:00 pm Teen Class	4:15 - 5:15 pm Youth Advanced	5:00 - 6:00 pm Teen Class	4:15 - 5:15 pm Youth Advanced	10:00 - 11:00 am Adult Class	
5:30 - 6:30 pm Junior Blackbelt	6:30 - 7:30 pm Adult Beginner	5:30 - 6:30 pm Youth Beginner	6:00 - 6:30 pm Brown Belt	5:30 - 6:30 pm Youth Beginner	11:00 - 11:30 am Brown Belt	
6:30 - 7:30 pm Cardio Kickboxing	6:30 - 7:30 pm Adult Advanced	6:30 - 7:30 pm Cardio Kickboxing	6:30 - 7:30 pm Adult Beginner	6:30 - 7:30 pm Bag Boot Camp	11:00 - Noon Teen Sparring	
7:30 - 8:30 pm Black Belt Class		7:30 - 8:30 pm Advanced Sparring	6:30 - 7:30 pm Adult Advanced	7:30 - 8:30 pm Black Belt Class		

[No Bag Boot Camp on the last Friday of the month for Staff Meeting.](#)