



Our Kickboxing program is an exciting 1 HOUR fitness workout! Whether your goal is just to get in shape, or learn self defense, but you are not comfortable doing ground work, this program is perfect for you! We focus on cardiovascular fitness, strength, flexibility, and self defense. This program gives you the flexibility to do these classes just for fitness and fun, and/or to earn a BLACKBELT!

Our Adult program is similar to our Junior program in format, but with more advanced techniques and greater expectations. They have the opportunity to earn an Adult BLACKBELT in our self defense system. Which includes BJJ., Modern Arnis, and MMA. Special Gi is required.