



# Lee's Karate and Cardio Kickboxing LLC

125 S. 1st Street, Sierra Vista, AZ Phone: (520) 803-6896

[www.leeskarateandcardiokickboxing.com](http://www.leeskarateandcardiokickboxing.com)

## Hours of Operation

Monday - Friday

5:00am - 7:30pm

Saturday 7:00 am - 1:00 pm

Sunday & Holidays Closed

## HaganaH

(Israeli Self-Defense)

Mon & Wed

6:30 - 7:30 pm

## Step-Aerobics

Tues/Thurs 5:45-6:45pm

## Kinder Kicks

Tues & Thurs (Ages 0 to 18 mos)

10:30-11:00am

(Ages 18 mos to 4 yrs)

9:30-10:15am

## Pound

Tuesday 8:00-9:00am

## Boxing

Tuesday and Thursday

5:30-6:30 pm (18 Yrs & Older)

Mon & Wed 5:30-6:30pm

(Ages 17 Yrs & Under)

## Cardio Kickboxing Classes

Monday

(Kickboxing & Weights) 5:30 - 6:30 am

9:00 10:00 am

(Kickboxing & Weights) 5:15 - 6:15pm

Wednesday

(Kickboxing & Weights) 5:30 - 6:30 am

9:00 10:00 am

(Kickboxing & Weights) 5:15 - 6:15 pm

Friday

(Kickboxing & Weights) 5:30 - 6:30 am

9:00 - 10:00 am

Saturday

8:00 - 9:00 am

## Spin

Tuesday 9:00-10:00am Thursday 9:00-10:00am

Sat 9:00-10:30am

## Karate

Tuesday (Ages 3-5 Yrs)

5:00 - 5:30 pm

(Ages 6 - 10 Yrs)

5:30 - 6:15 pm

(Ages 11 & up)

6:15 - 7:00 pm

Thursday (Ages 3-5 Yrs)

5:00 - 5:30 pm

(Ages 6 - 10 Yrs)

5:30 - 6:15 pm

(Ages 11 and up)

6:15 - 7:00 pm

Saturday (Ages 3-5 Yrs)

9:30 - 10:15 am

(Ages 6 - 10 Yrs)

10:15 - 11:15 am

(Ages 11 & up)

11:15 - 12:15 pm