



# 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 - 3:00 pm

**Sunday & Holidays** Closed

## **HaganaH**

**(Israeli Self-Defense)**

**Monday** 6:30 - 7:30 pm

**Wednesday** 6:30 - 7:30 pm

## **Step-Aerobics**

### **Tues & Thurs**

5:30 - 6:30 pm

## **Zumba Gold**

### **Tues & Thurs**

9:00-10:00am

## **Zumba**

### **Monday**

6:10 7:10 pm

### **Wednesday**

5:00 - 6:00 pm

## **Salsa (Call for Info)**

### **Friday**

6:00 - 7:15 pm

## **Boxing**

### **Mon through Thursday**

5:30-7:00 pm

## **Cardio Kickboxing Classes**

### **Monday**

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

9:00 10:00 am

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

### **Tuesday**

5:30 - 6:30am

### **Wednesday**

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

9:00 10:00 am

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

### **Thursday**

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

### **Friday**

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

9:00 - 10:00 am

### **Saturday**

8:00 - 9:00 am

## **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