



Lee's Karate and Cardio Kickboxing LLC

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

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

Kinder Kicks

Tuesday and Thursday

9:30-10:15am

(Ages 18 mos to 4 yrs)

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)

Zumba

Tuesday 5:30-6:30pm

Jumping Castle Birthday Parties!

Includes tables and chairs setup
and cleanup

Smoothie Bar

Apparel Printing

Cardio Kickboxing Classes

Monday

(Kickboxing & Weights) 5:30 - 6:30 am
9:00 10:00 am

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

Tuesday

(Kickboxing & Weights) 7:15 - 8:15 pm

Wednesday

(Kickboxing & Weights) 5:30 - 6:30 am
9:00 10:00 am

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

Thursday

(Kickboxing & Weights) 7:15 - 8:15 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 6:00-7:00pm

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