

HaganaH Israeli Self-Defense
Monday and Wednesday
6:30pm



Boxing
Monday-Thursday
5:30pm



We do Private
Birthday Parties!



Tuesday and Thursday
9:00am-9:45am
Age 18 mos to 4 yrs
10:00am-10:30am
Ages 0 to 18 months



Exercise, Learn, and Play



Ballet
 20 years dance
 Experience

Shannon O'Malley

Mondays

4:00pm to 4:30pm (3 to 5 years old)
4:30pm to 5:00pm (3 to 5 years old)
5:00pm to 6:00pm (6 and older)

Karate Class



Ages 3-5 Yrs
Tuesday: 5pm to 5:30pm
Thursday: 5pm to 5:30pm
Saturday: 9:30am to 10:15am

Ages 6-10 Yrs
Tuesday: 5:30pm to 6:15pm
Thursday: 5:30pm to 6:15pm
Saturday: 10:15am to 11:15am

Ages 11 Yrs and up
Tuesday: 6:15pm to 7pm
Thursday: 6:15pm to 7pm
Saturday: 11:15am to 12:15pm



Cardio Kickboxing

Monday and Wednesday
5:30am, 9:00am, 5:15pm

Tuesday and Thursday

5:30am

Friday

5:30am, 9:00am

Saturday

8:00am

Step-Aerobics



Tuesdays 5:30pm

Yoga

Tuesdays 6:30pm
Saturdays 9:00am



TUESDAYS: 9:00AM
THURSDAYS: 9:00AM



Tabata

Wednesdays 5:00pm

Thursdays 5:30pm



EXTREME FITNESS
Mondays and Wednesdays
5:00pm



125 SOUTH 1ST STREET
SIERRA VISTA, AZ 85635
(520) 803-6896

www.leeskarateandcardiokickboxing.com

HOURS: Monday - Friday

5am to 7:30pm

Saturday

7am to 3pm

*Kinder Kicks

*Cardio Kickboxing

*Tabata

*Step Aerobics

*Karate

*Ballet

*Zumba GOLD

*Israeli Self-Defense

*Boxing

*Extreme Fitness

*Personal Training

*Birthday Parties

*POUND Rockout

*Weight room

Kids room available!

