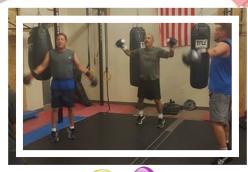
HaganaH Israeli Self-Defense
Monday and Wednesday
6:30pm



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

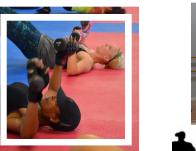
Ages 6-10 Yrs

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







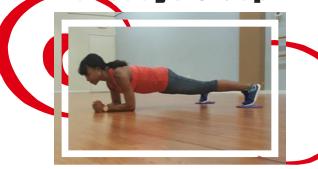
TUESDAYS: 9:00AM THURSDAYS: 9:00AM



## **Tabata**

**Wednesdays 5:00pm** 

Thursdays 5:30pm



# EXTREME FITNESS Mondays and Wednesdays 5:00pm







125 SOUTH 1ST STreet SIETRA 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!

