



ZUMBA With Ula
fitness



**Tuesdays and
Thursdays
6:30pm**



Tabata
Thursdays 5:30pm



POUND

ROCKOUT. WORKOUT.



**Mondays: 6:30pm
Tuesdays: 9:00am
Wednesdays: 5:00pm
Thursdays: 9:00am
Saturdays: 9:00am**



LEE'S
KARATE AND CARDIO KICKBOXING
MORE THAN JUST A MARTIAL ARTS SCHOOL

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
- *Salsa
- *POUND Rockout
- *Israeli Self-Defense
- *Boxing
- *Extreme Fitness
- *Zumba with Ula
- *Personal Training
- *Birthday Parties
- *Weight room

Kids room available!



updated
2/27/17

Cardio Kickboxing

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

Tuesday and Thursday
5:30am

Friday
5:30am, 9:00am

Saturday
8:00am

Step-Aerobics



Tuesdays 5:30pm

Salsa

**Fridays
6:00pm**



The Only bad workout is the one
you didn't do!

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



Boxing class
Tuesday and Thursday
5:30pm

Open Gym
Monday and Wednesday
5:30pm to 7:30pm



EXTreme FITNESS



Mondays
Wednesdays
5:00pm



**We do Private
Birthday Parties!**



Tuesday and Thursday
9:30am-10:15am
Age 18 mos to 4 yrs
10:30am-11:00am
Ages 0 to 18 months



Exercise, Learn, and Play



Ballet

20 years dance
Experience

Shannon O'Malley

Mondays

4:15pm to 5:00pm (3 to 5 years old)
5:00pm to 6:30pm (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