November 2026 Schedule

SheFighter Rise

Weekend Classes

SATURDAYS

11:00 AM | **SheTechnique** (Pink) - Lina
12:00 PM | **SheCombo (Pink) -** Lina
1:00 PM | **SheProtects:** Self-Defense - Lina

SUNDAYS

10:00 AM | **SheKids** (Kids Class) - Hadis
11:00 AM | **Silver Level Class** - Lina
12:00 PM | **SheStrikes:** Punching Bag drills - Hadis
1:00 PM | **SheKicks:** Kicking Class - Hadis

Weekday Classes

MONDAY

4:30 PM | **SheCombo (Pink) -** Anna
5:30 PM | **SheTechnique** (Pink) - Anna
6:30 PM | **Silver Level Class -** Anna
7:30 PM | **SheStrikes:** Punching Bag Drills **-** Anna

TUESDAY

4:30 PM | **SheKids** (Kids Class) - Oksana
5:30 PM | **SheTechniques (Pink)** - Oksana
6:30 PM | **SheProtects:** Self-Defense - Oksana
7:30 PM | **SheCombo (Pink) -** Oksana

WEDNESDAY

4:30PM | **SheTechnique** (Pink) - Lina
5:30 PM | **SheCombo (Pink)** - Lina
6:30 PM | **Silver Level Class** - Lina
7:30 PM | **SheKicks:** Kicking Class **-** Lina

THURSDAY

4:30 PM | **SheKids** (Kids Class) - Hadis
5:30 PM | **SheTechnique** (Pink) - Hadis
6:30 PM | **Silver Level Class -** Lina/Hadis
7:30 PM | **SheKicks:** Kicking Class - Hadis

FRIDAY

04:30 PM | **SheTechnique** (Pink) - Hadis
05:30 PM | **SheCombo (Pink)**- Tiana
06:30 PM | **SheKicks:** Kicking Class **-** Hadis

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