

Weekend Classes

SATURDAYS

11:00 AM | **SheTechnique** (Pink) - Lina

12:00 PM | **SheCombo** (Pink) - 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

12:00 PM | **SheCombo** - Lina

7:30 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 | **SheStrikes**: Punching Bag Drills - Oksana

6:30 PM | **SheProtects**: Self-Defense - Oksana

7:30 PM | **SheCombo** (Pink) - Oksana

WEDNESDAY

4:30PM | **SheKicks** : Kicking Class - Lina

5:30 PM | **SheCombo** (Pink) - Lina

6:30 PM | **Silver Level Class** - Lina

7:30 PM | **SheTechnique** (Pink) - 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 | **SheProtects**: Self-Defense - Hadis

FRIDAY

04:30 PM | **SheCombo** (Pink) - Hadis

05:30 PM | **SheStrikes**: Punching Bag Drills - Tiana/Hadis

06:30 PM | **SheKicks**: Kicking Class - Hadis

