

Weekend Classes

SATURDAYS

11:00 AM | **SheTechnique** (Pink) - Lina
12:00 PM | **SheStrikes**: Punching Bag drills - Lina
1:00 PM | **SheProtects**: Self-Defense - Lina

SUNDAYS

10:00 AM | **SheKids** (Kids Class) - Hadis
11:00 AM | **Silver Level Class** - Lina/Hadis
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 | **SheStrikes**: Punching Bag Drills - Oksana
6:30 PM | **SheProtects**: Self-Defense - Oksana
7:30 PM | **SheCombo** (Pink) - Oksana

WEDNESDAY

4:30PM | **SheTechnique** (Pink) - Lina
5:30 PM | **SheStrikes**: Punching Bag drills - 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 | **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

