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High Intensity Cardio Kickboxing & Conditioning Center

204 Main Street, Dallas, Georgia 30132 Phone #: (770) 547-0799

Schedule of Classes

School Season Schedule

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
5:00 AM CKB	5:00 AM CKB	5:00 AM CKB	5:00 AM CKB	5:00 AM CKB	
7:00 AM CKB	7:00 AM CKB	7:00 AM CKB	7:00 AM CKB	7:00 AM CKB	
					8:00 AM CKB
8:15 AM CKB	8:15 AM CKB	8:15 AM CKB	8:15 AM CKB	8:15 AM CKB	
9:30 AM CKB	9:30 AM CKB	9:30 AM CKB	9:30 AM CKB	9:30 AM CKB	9:30 AM CKB
					10:45 AM Striking
12:30 PM CKB	12:30 PM CKB	12:30 PM CKB	12:30 PM CKB	12:30 PM CKB	
4:00 PM Striking	4:00 PM Striking	4:00 PM Striking	4:00 PM Striking	4:00 PM Striking	
5:30 PM CKB	5:30 PM CKB	5:30 PM CKB	5:30 PM CKB	5:30 PM CKB	
6:45 PM CKB	6:45 PM CKB	6:45 PM CKB	6:45 PM CKB		

CKB (Cardio Kickboxing) – Full body cardio workout using full length punching bags

Striking – Fundamentals of punching, kicking, knees, elbows and other general strikes, in addition to light sparring