



Kanata Kickboxing Class Schedule

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 Effective Jan. 4th, 2010



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
10:00am-11:00am Cardio				10:00am-11:00am Cardio		
11:00am-12:00pm Body Conditioning		11:00am-12:00pm Drills		11:00am-12:00pm Drills		
				4:00pm-4:45pm Cardio	11:00am-12:00pm Drills	
	4:30pm-5:30pm Cardio	4:30pm-5:30pm Body Conditioning	4:30pm-5:30pm Cardio		12:00pm-1:00pm Cardio	
7:00pm-8:00pm Cardio	7:00pm-8:00pm Drills	7:00pm-8:00pm Cardio	7:30pm-8:30pm Drills	7:00pm-8:00pm Body Conditioning		
	8:00pm-9:00pm Int./Adv. Drills					
				9:00pm-10:00pm Continuous Sparring		

Note: Class schedule changes min. of 3 times per year.
 Basic Training (White to Green Stripe) Int./Adv Training (Green and Above)

Hours of Operation:
 Monday – Thursday 10am – 10:00pm; Friday 3pm – 10:00pm; Saturday 9:00am - 4:00pm; Sunday 2:00pm – 4:00pm

Check us out at - www.ottawakarate.com