



Burnaby Sport Kickboxing Academy

Determination & perseverance helps you to be the best

RED (kickboxing fitness) **BLUE** (kids program) **GREEN** (youth/teen program)

Change of schedule is subject to the number of students attending and their availability

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
					Circuit 12 Kickboxing 10:00-11:00
Open 3:00PM		Circuit 12 Kickboxing 10:00-11:00		Closed	Kids All Levels 11:00-11:45
Kids Orange & Up 4:00-4:45	Youth White to H. Yellow 4:00-4:45	Kids Orange & Up 4:00-4:45	Youth White to H. Yellow 4:00-4:45	Open 3:30PM	Adult White to H. Yellow 11:45-12:30
Youth Orange & Up 4:45-5:30	Kids Orange & Up 4:45-5:30	Youth Orange & Up 4:45-5:30	Kids Orange & Up 4:45-5:30	BBC Kids/Youth All Levels 5:00-6:00	BBC Kids/Youth All Levels 12:30-1:30
Kids White to H. Yellow 5:30-6:15	Adult White and H Yellow 5:30-6:15	Kids White to H. Yellow 5:30-6:15	Adult White and H Yellow 5:30-6:15	BBC Adult All Levels 6:15-7:30	BBC Adult All Levels 1:45-3:00
Adult White & H Yellow 6:15-7:00	Adult Orange & H. Orange 6:15-7:00	Adult White & H Yellow 6:15-7:00	Adult Orange & H. Orange 6:15-7:00	Closed 8:00	Ground Fighting 3:00-3:45
Adult Orange & Up 7:00-8:00	Adult Green & Up 7:00-8:00	Adult Orange & Up 7:00-8:00	Adult Green & Up 7:00-8:00		Closed 4:00
Circuit 12 Kickboxing 8:00-9:00	Instructor Training 8:00-9:30	Closed 8:30	Closed 8:30		
Operating hours: Mon thru Thurs: 3:00pm to 9:00pm, Fri: 3:30pm to 8:00pm, Sat: 10:00am to 4:00pm (School's will be open in the morning for scheduled classes)					
4715 E. Hastings, Burnaby B.C Email: Burnaby@kickboxing.net			Tel: 432-6652 Visit our website: www.kickboxing.net		