



## Red Dawn Martial Arts Cardio Kickboxing Schedule

12 Fisherman Drive Unit 2

Brampton, Ontario

905-840-4990

Time	Mon	Tues	Wed	Thurs	Fri	Sat
10:00-11:30 am						<b>Yoga Plus</b> Weight Loss Coaching (Anthony)
7:00-8:00 pm	<b>Rockim Sockim</b> Anthony	<b>Tone Zone</b> Suzanne	<b>Fusion</b> Robert	<b>KB Sport</b> Cathy		
8:00-8:30 pm				<b>AB Solutions</b> Suzanne		

### Class Definition:

<b>Rockim Sockim</b>	High intensity bag work
<b>AB Solutions</b>	Tighten and flatten your tummy by working your center. It also focus a bit on buns and hips.
<b>Tone Zone</b>	Muscle tone conditioning class
<b>Fusion</b>	A unique blend of the tenants of yoga with the high energy of taekwondo techniques
<b>KB Sport</b>	Amazing fat-burning workout that blends fitness with techniques & self control while building speed & power using bags & targets.
<b>Yoga Plus</b>	The first part of this class is a unique blend of Sport Yoga, Pilates and Martial Arts. The second part of the class focuses on weight loss and nutrition coaching.

### Please Note:

1. The Yoga Plus Class starts Saturday January 7th, 2012 and runs until Saturday June 23rd, 2012. No classes will be held on long weekends and weekends of special event, such as tournaments or black belt grading.
2. For the Yoga Plus classes, none kickboxing members can attend by paying \$10 per class.

[Http://www.reddawnmartialarts.com](http://www.reddawnmartialarts.com)

<http://reddawnwellness.com>

<http://naturalsupplementsreviews.com>