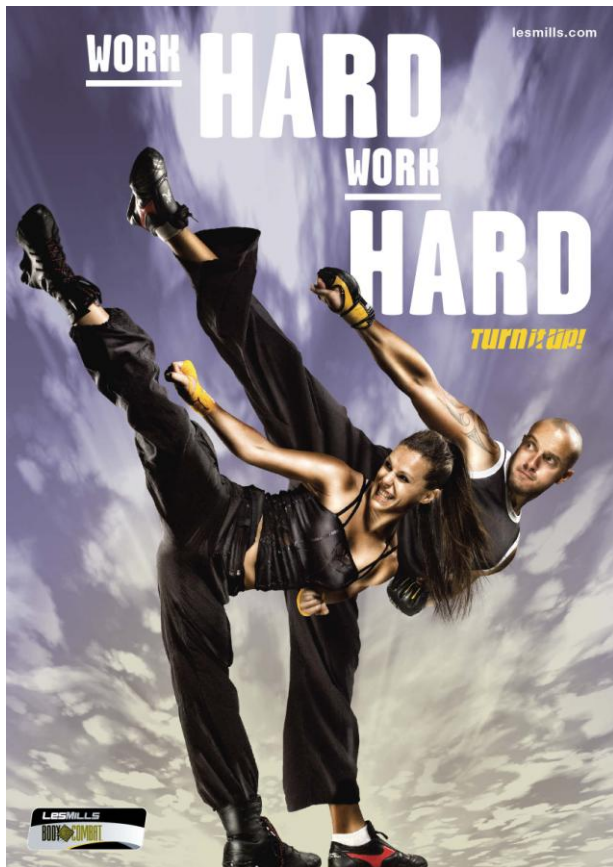




CHAMPION SPORT KARATE

BODYCOMBAT® is an empowering cardio workout where you are totally unleashed. This fiercely energetic program is inspired by martial arts and draws from a wide array of disciplines such as Karate, boxing, Taekwondo, Tai Chi and Muay Thai. Supported by driving music and powerful strikes, punches, kicks and kata, while you burn your way through calories to superior cardio fitness.

CREATING LIFE-CHANGING FITNESS EXPERIENCES EVERYTIME, EVERYWHERE



BODYCOMBAT® Class Schedule

TUESDAY & THURSDAY 11:00 AM

TUESDAY & WEDNESDAY 7:00 PM

FRIDAY 5:30 PM

SUNDAY 3:00 PM