



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						Yoga Plus (Anthony)
7:00-8:00 pm	Rockim Sockim Anthony	Tone Zone Suzanne	Fusion Anthony	KB Sport Cathy		
8:00-8:30 pm				AB Solutions Suzanne		

Class Definition:

Rockim Sockim	High intensity bag work
AB Solutions	Tighten and flatten your tummy by working your center. It also focus a bit on buns and hips.
Tone Zone	Muscle tone conditioning class
Fusion	A unique blend of taekwondo combination, bag work, light weight training and ab training.
KB Sport	Amazing fat-burning workout that blends fitness with techniques & self control while building speed & power using bags & targets.
Yoga Plus	The first part of this class is a unique blend of Sport Yoga, Pilates and Martial Arts and ends with a relaxing meditation.

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://naturalsupplementsreviews.com>