977 Chimney Hill Parkway | Virginia Beach, Virginia | 23452

(757) 287-3604

Class Schedule

POWERHOUSE BOXING & KICKBOXING

SELF-DEFENSE

Mon	Tues	Wed	Thu	Fri	Sat	sun
12 - 1 PM KickBoxing	12 - 1 PM KappaGuerra Capoeira	12 - 1 PM KickBoxing	12 - 1 PM KappaGuerra Capoeira	12 - 1 PM KickBoxing	9 - 10 AM KickBoxing	9 - 10 AM KappaGuerra Capoeira
3:30 - 4:30PM KickBoxing	3:30 - 4:30 PM KappaGuerra Capoeira	3:30 - 4:30PM KickBoxing	3:30 - 4:30 PM KappaGuerra Capoeira	3:30 - 4:30PM KickBoxing	10 - 11 AM Women's Cardio KickBoxing	12 - 1 PM KickBoxing
5 - 6 PM Kid's Boxing	5 - 6 PM Kid's Boxing	5 - 6 PM Kid's Boxing	5 - 6 PM Kid's Boxing	5 - 6 PM Kid's Boxing	12 - 1 PM KappaGuerra Capoeira	3:30 - 4:30PM KappaGuerra Capoeira
6 - 7 PM Cardio KickBoxing	6 - 7 PM Cardio KickBoxing	6 - 7 PM Aikido	6 - 7 PM Cardio KickBoxing	6 - 7 PM Aikido	3:30 - 4:30PM KickBoxing	
7 - 8:30 PM Adult's Boxing	7 - 8:30 PM Adult's Boxing	7 - 8:30 PM Adult's Boxing	7 - 8:30 PM Adult's Boxing	7 - 8:30 PM Adult's Boxing		