

POWERHOUSE GYM AIEA

Group X Class Schedule: 2014

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	4:15pm Boxing Coach Don		4:15pm Boxing Coach Don		4:15pm Boxing Coach Don	
	6:30 pm Kickboxing Coach Red (Bag Room)		6:30 pm Kickboxing Coach Red (Bag Room)			

 - New Class Added

DESCRIPTION OF GROUP X CLASSES

<p>CARDIO KICKBOXING THE TECHNIQUES USED DURING THE HOUR LONG CLASS, USE CONVENTIONAL HEAVY BAGS AND TRAINING PADS, ARE BASED ON AUTHENTIC KICKBOXING TECHNIQUES WHICH PROVIDE BOTH RESISTANCE TRAINING AND CARDIOVASCULAR BENEFITS TO IT'S PARTICIPANTS.</p>	<p>BOXING LEARN TECHNIQUES IN TRADITIONAL WESTERN BOXING. 1ST HOUR FOR CONDITIONING & 2ND HOUR FOR TECHNIQUES. HAVE FUN AND ENJOY A DIFFERENT TYPE OF WORKOUT.</p>
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