

Pine Tree Karate & Fitness Schedule

Fitness Classes:

Our fitness classes run on a 3 month rotation (track) and we offer 2 different fitness classes per track. Included in your fitness fee is the ability to go to as many classes as you want for one or both classes.

#1 Cardio-Kickboxing

Monday	Tuesday	Wednesday	Thursday
	6:30-7:30		6:30-7:30

Friday	Saturday

Friday and Saturday are reserved for special functions such as one-on-one classes, clinics, tournaments, corporate training seminars etc. These events will be announced in class.

#2 Power Yoga

Monday	Tuesday	Wednesday	Thursday
		5:30-6:30	