



CURTS ULTIMATE FITNESS & FIGHTING ARTS

Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
11am - 3pm	Private Sessions	Private Sessions	Private Sessions	Private Sessions	Private	Reserved	Closed
12 – 1pm						Anti-bully class	
3pm - 4pm	* Open Workout	* Open workout	* Open Workout	* Open workout	private	Reserved	Closed
4pm – 4:30 pm		Kids Boxing		Kids Boxing	private	Reserved	Closed
4pm – 5:30 pm	Fight Team Boxing Conditioning	Fight Team w/Curt Boxing	Fight Team Open Workout	Fight Team w/Curt Boxing	private	Reserved	Closed
5:30pm-6:30 pm	Kickboxing Open Boxing Beginner/Intermediate	Open Boxing COED Conditioning	Kickboxing Open Boxing Beginner/Intermediate	Open Boxing COED Conditioning	private	Reserved	Closed
6pm – 7pm						Reserved	Closed
6:30 pm -7:30pm	Women's Fitness Boxing	Women's Fitness Boxing	Kickboxing		private	Reserved	Closed

Fight Team / Youth 11-19 yrs / Kids 5 -10 yrs \$55.00

Adult Unlimited

(Boxing/Kickboxing/Women's Fitness/ COED Conditioning) \$100.00

Adult 3x/Wk \$90.00

Adult 2x/Wk \$75.00

Kickboxing 2x/Wk \$75.00

Women's/Girls (12-18) Fitness Boxing 2x/Wk \$75.00

*** Schedules and Prices are subject to change ***

Family Membership Available