

# STRIKING SCHEDULE

Phone: 502-937-8797		Email: Support@derbycitymartialarts.com				
	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
10:30 AM	<b>Cardio Kickboxing</b> (Ben Fowler)		<b>Cardio Kickboxing</b> (Ben Fowler)		<b>Cardio Kickboxing</b> (Ben Fowler)	
12:00 PM	<b>Boxing</b> (Ben Fowler)	<b>Boxing</b> (Mitchell Guzman)	<b>Boxing</b> (Ben Fowler)	<b>Boxing</b> (Mitchell Guzman)	<b>Boxing</b> (Ben Fowler)	
4:00 PM	<b>MMA</b> (Ben Fowler)	<b>MMA</b> (Ben Fowler)	<b>MMA</b> (Ben Fowler)	<b>MMA</b> (Ben Fowler)	<b>MMA</b> (Ben Fowler)	
5:00 PM	<b>Advanced Boxing</b> (Josh Sachs)	<b>Boxing</b> (Matt Gaines)	<b>Advanced Boxing</b> (Josh Sachs)		<b>Advanced Boxing</b> (Josh Sachs)	
6:00 PM	<b>Beginner Boxing</b> (Josh Sachs)	<b>Kickboxing</b> (Ben Fowler)	<b>Beginner Boxing</b> (Josh Sachs)	<b>Boxing</b> (Ben Fowler)	<b>Sparring</b> (Josh Sachs)	
7:00 PM	<b>Kickboxing</b> (Rob Neat)	<b>Kickboxing</b> (Ben Fowler)	<b>MMA</b> (Ben Fowler)	<b>Kickboxing</b> (Ben Fowler)		

<b>Beginner Boxing</b>	This class is available to beginners or with little experience and will contain a combination of both technique and conditioning.
<b>Boxing</b>	This class is available to all levels of experience and will contain a combination of both technique and conditioning.
<b>Kickboxing</b>	Kickboxing combines both attacks with the hands such as Boxing but also includes attacks with the legs, knees and elbows. This class is a mixture of both technique and conditioning work. This class is available to all levels of experience. (Note. Talk to the coaches about getting added to the private Facebook group. Our Kickboxing coaches are Firefighters and on some weeks they are unable to train.
<b>Cardio Kickboxing</b>	High energy workout combines martial art techniques with fast-paced cardio. Build stamina, improve coordination and flexibility, and burn calories as you build lean muscle with this fun and challenging workout.
<b>MMA</b>	Advance MMA. Regular coach approval. Combination of striking and grappling.