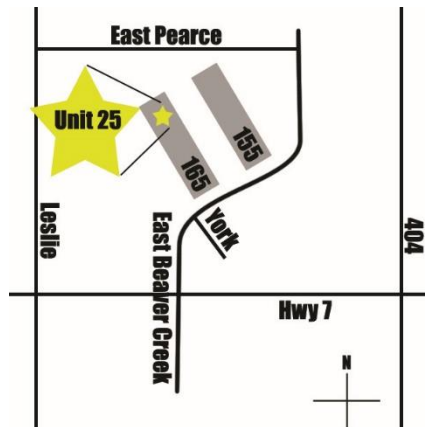


EVOLVE

KICKBOXING



Richmond Hill Location

165 East Beaver Creek Road Unit #25
Richmond Hill, ON L4B 2N2

289.809.3472

shirley@evolvekickboxing.ca

<http://www.evolvekickboxing.ca>

<http://www.facebook.com/EvolveKB>

Time	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
10:00AM						10:00AM Bootcamp (Shirley)	
11:00AM							
12:00PM				12:15PM Women's only kickboxing (Loo Sean)	12:15PM Women's only kickboxing (Loo Sean)		
1:00PM							
2:00PM							
3:00PM							
4:00PM							
5:00PM							
6:00PM	5:45PM Women's only kickboxing (Shirley)	5:45PM Women's only kickboxing (Rebecca)	5:45PM Women's only kickboxing (Shirley)				
	6:45PM Instructor/ Intermediate						
7:00PM	7:30PM Women's only kickboxing (Shirley)	7:30PM Women's only kickboxing (Rebecca)	7:30PM Women's only kickboxing (Shirley)	7:30PM Women's only kickboxing (Rachel)	7:30PM Every 2 nd & 4 th Friday (Allison)		
	8:00PM						
9:00PM	8:45PM Women's only kickboxing (Shirley)		8:45PM Women's only kickboxing (Shirley)	8:45PM Women's only kickboxing (Rachel)	8:45PM Every 2 nd & 4 th Friday (Allison)		
	10:00PM						