



# NO LIMITS

TRAINING FACILITY  
AMERICAN KENPO KARATE STUDIO



No Limits Training  
Facility  
410-833-6496

American Kenpo  
Karate  
410-833-6090

## Adult & Teens Schedule

**\*Kickboxing \*Boxing \*Muay Thai \*Kenpo \*Jiu-Jitsu \*MMA \*TRX**

3 Classes Introductory Package with Free Boxing Gloves Kenpo Gi \$19.99

6 Weeks Jiu-Jitsu introductory Package with a FREE Uniform \$69.00

### Monday Adults and Teens

6:00 a.m. – 7 :00 a.m. Kickboxing (power hr)  
12:00 p.m.-8:00 p.m. Gym/Open Mat  
6:15 p.m. - 7:15 p.m. Kenpo Self Defense  
6:15 p.m – 7:15 p.m. Kickboxing  
7:30 p.m.- 8:30 p.m. Boxing Conditioning  
7:30 p.m.- 8:30 p.m. Muay Thai  
8:30 p.m - Close Filipino Boxing

### Tuesday Adults and Teens

12:00 p.m.-8:00 p.m. Gym/Open Mat  
9:00 a.m. – 10:00 a.m. TRX  
6:00 p.m. - 7:00 p.m. Kenpo Self Defense  
6:00 p.m – 7:00p.m. Kickboxing  
6:15 p.m.- 7:15 p.m. Beginner Muay Thai  
7:00 p.m – 8:00p.m. Kickboxing  
7:15 p.m.- 8:15 p.m. Jiu-Jitsu

### Wednesday Adults and Teens

12:00 p.m.-8:00 p.m. Gym/Open Mat  
12:00 p.m -1:00p.m. Kickboxing (power hr)  
4:30 p.m. – 5:15 p.m. TRX  
6:00 p.m. - 7:00 p.m. Kenpo Self Defense  
5:30 p.m – 6:30p.m. Kickboxing (power hr)  
6:30 p.m.- 7:30 p.m. Boxing 101  
7:30 p.m.- 8:30 p.m. Jiu-Jitsu  
7:30 p.m.- 8:30 p.m. Muay Thai  
8:30 p.m - Close Filipino Boxing

### Thursday Adults and Teens

6:00 a.m. – 7 :00 a.m. Kickboxing (power hr)  
12:00 p.m.-8:00 p.m. Gym/Open Mat  
6:15 p.m. - 7:15 p.m.  
5:15 p.m – 6:15 p.m. Kickboxing  
6:15 p.m – 7:15 p.m. Kickboxing  
6:00 p.m.- 7:00 p.m. Beginner Muay Thai  
7:15 p.m.- 8:15 p.m. Boxing Conditioning  
7:15 p.m.- 8:15 p.m. Jiu-Jitsu

### Friday Adults and Teens

9:00 a.m. – 10:00 a.m. TRX  
12:00 p.m.-6:30 p.m. Gym/Open Mat  
12:00 p.m – 1:00 p.m. Kickboxing  
5:30 p.m – 6:15 p.m. Thai Conditioning  
6:30 p.m – 7:30 p.m. Kickboxing

### Saturday Adults and Teens

8:00 a.m. - 8:30 a.m. TRX  
8:45 a.m. - 9:45 a.m. Kickboxing (power hr)  
9:45 a.m. - 10:45 a.m. Boxing 101  
10: 00a.m- 11:00 a.m. Beginner Muay Thai  
8:30 a.m - 10:30 a.m. Jiu-Jitsu(open mat)  
11:00 a.m - 11:45 a.m. Kenpo Self Defense  
11:00 a.m. - 12:00 p.m. Muay Thai  
9:00 a.m.- 12:00 p.m. Gym/Open Mat

### Sunday Adults and Teens

10:00 a.m. – 10:45 a.m. TRX/Kickboxing  
11:00 a.m. – 12:00 p.m. Kickboxing  
10:00 a.m.-12:30 p.m. Gym/Open Mat



No Limits Gym  
[www.facebook.com/TrainNoLimits](http://www.facebook.com/TrainNoLimits)

ilovekickboxingreisterstown  
[www.facebook.com/kickboxingreisterstown](http://www.facebook.com/kickboxingreisterstown)



Register online for Web Specials: [www.ReisterstownMartailArts.com](http://www.ReisterstownMartailArts.com)