

Fighter Conditioning Class



Monday
Tuesday
Wednesday
Thursday
Saturday

Schedule

6pm - 7:30pm
6pm - 7:30pm (Open Gym)
6:30pm - 8pm
6pm - 9pm (Open Gym)
7am-9am

**Try it today!
Your first class
is FREE!**

*Work-out attire should consist of comfortable, loose, athletic clothing (Ex. shorts/t-shirt) and no shoes/socks. Hand-wraps and bag gloves are required. See office personnel to purchase or for inquiries.

Develop areas in:

- Speed
- Endurance
- Strength
- Reaction time
- Physical well being
- Self confidence

The Fighter Conditioning Class (FCC) is a mixture of kickboxing, boxing, muay-thai, martial arts and athletic conditioning. The drills and exercises will consist of – group training, one on one training, circuit training, high interval training, bag work, focus mitt work, high impact cardio drills, strengthening drills, and endurance drills.

For those interested in full contact and semi-contact competition, this is an excellent introduction and training for those arenas.

This class is open to the public, ages 16 to adult, DMA Adult class members & Group 5 members (must pass assessment test and requirements or by invitation).

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