



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 *Kenpo *Jiu-Jitsu *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
7:15 p.m.- 8:15 p.m. Boxing Technique & Conditioning

Tuesday Adults and Teens

6:00 a.m. – 7 :00 a.m. Boxing Fitness & Conditioning
12:00 p.m.-8:00 p.m. Gym/Open Mat
9:00 a.m. – 10:00 a.m. TRX
6:00 p.m – 7:00p.m. Kickboxing
7:00 p.m – 8:00p.m. Kickboxing
7:30 p.m.- 8:30 p.m. Jiu-Jitsu

Wednesday Adults and Teens

6:00 a.m. – 7 :00 a.m. Boxing Fitness & Conditioning
12:00 p.m.-7:30 p.m. Gym/Open Mat
12:00 p.m -1:00p.m. Kickboxing (power hr)
4:30 p.m. – 5:15 p.m. Boxing Fitness & Conditioning
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. Kickboxing Technique & Conditioning

Sunday Adults and Teens

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

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
5:15 p.m – 6:15 p.m. Kickboxing
6:15 p.m – 7:15 p.m. Kickboxing
7:15 p.m.- 8:15 p.m. Boxing Technique & Conditioning
7:30 p.m.- 8:30 p.m. Jiu-Jitsu

Friday Adults and Teens

6:00 a.m. – 7 :00 a.m. Boxing Fitness & Conditioning
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 (power hr)
5:30 p.m – 6:30 p.m. Technique & 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
8:30 a.m - 10:30 a.m. Jiu-Jitsu(open mat)
11:00 a.m - 11:45 a.m. Kenpo Self Defense
9:00 a.m.- 12:00 p.m. Gym/Open Mat



No Limits Gym

www.facebook.com/TrainNoLimits

Join our student group page

www.facebook.com/groups/ilovekickboxingreisterstown/



Register online for Web Specials: www.ReisterstownMartialArts.com