



Fitness Programs

10% off your Next Purchase to Follow Us Or Like Us
 25% if you Leave a Positive Review on Any Social Sites
 Follow Us or Like Us for Day to Day Updates, Special Events & Highlights

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Private Lessons or Birthday Parties Available By Appointment Only		<u>M.M.A. Fitness</u> & <u>Cardio Kickboxing</u> 8am – 9am			<u>M.M.A. Fitness</u> & <u>Cardio Kickboxing</u> 8am – 9am	
	<u>M.M.A. Fitness</u> & <u>Cardio Kickboxing</u> 7pm – 8pm	<u>M.M.A. Fitness</u> & <u>Cardio Kickboxing</u> 9am – 10am		<u>M.M.A. Fitness</u> & <u>Cardio Kickboxing</u> 7pm – 8pm	<u>M.M.A. Fitness</u> & <u>Cardio Kickboxing</u> 9am – 10am	<u>M.M.A. Fitness</u> & <u>Cardio Kickboxing</u> 9:30am – 10:30am
	<u>M.M.A. Fitness</u> & <u>Cardio Kickboxing</u> 8pm – 9pm	<u>M.M.A. Fitness</u> & <u>Cardio Kickboxing</u> 8pm – 9pm	<u>M.M.A. Fitness</u> & <u>Cardio Kickboxing</u> 8pm – 9pm	<u>M.M.A. Fitness</u> & <u>Cardio Kickboxing</u> 8pm – 9pm	<u>M.M.A. Fitness</u> & <u>Cardio Kickboxing</u> 8pm – 9pm	<u>M.M.A. Fitness</u> & <u>Cardio Kickboxing</u> 12:30pm – 1:30pm

Like Us or Follow Us

<https://www.facebook.com/pages/Howard-Beach-Mixed-Martial-Arts/508403015929457?ref=hl>

Refer a Friend & Receive One Month for Free! Refer 5 the WHOLE YEAR is on US!
 (with Sign Up)