



# KickFIT Brookfield

Call: (203)403-3382  
Text: (203)433-6768  
Email: [theteam@kickfitct.com](mailto:theteam@kickfitct.com)

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
	<b>KickFIT</b> 5:30am		<b>KickFIT</b> 5:30am	<b>KickFIT</b> 7am	<b>Strong(ER)</b> 7:00am	
<b>KickFIT</b> 9:30am		<b>KickFIT</b> 9:30am		<b>KickFIT</b> 9:30am	<b>KickFIT</b> 8am	<b>Bootcamp</b> 9:00am
					<b>KickFIT</b> 9am	<b>KickFIT</b> 10am
	<b>Strong(ER)</b> 4:30pm		<b>Strong(ER)</b> 4:30pm			
<b>KickFIT</b> 5:45pm	<b>KickFIT</b> 5:30pm	<b>KickFIT</b> 5:45pm	<b>KickFIT</b> 5:30pm	<b>Advanced Kickboxing</b> 5:45pm		
<b>Bootcamp</b> 6:45pm		<b>Bootcamp</b> 6:45pm				

**KickFIT:** Our signature kickboxing fitness class- 45 MIN

**Strong(ER):** Our total body strength & bodyweight workout - 45 MIN

**Bootcamp:** Cardio, strength, and kickboxing - 45 MIN

**Advanced Kickboxing:** Advanced combos, conditioning and partner work - 45 MIN

**Please remember to:**

- Check-in at front desk
- Arrive 5-10 min *prior* to your class time
- Wear appropriate *workout apparel* to classes
- Have your hands wrapped *before* class starts
- Bring your KickFIT approved boxing gloves to each class
- Purchase an Iron Factory day pass if you want to use the gym equipment

195 Federal Road, Brookfield, CT  
(203)403-3382



**Scan the QR code to try a class on us!**