



# KickFIT Ridgely

Call: (203)403-3382

Text: (203)433-6768

Email: [theteam@kickfitct.com](mailto:theteam@kickfitct.com)

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
Strong(ER) 6am	KickFIT* 6am	FightFIT 6am	KickFIT* 6am	Strong(ER) 6am	Strong(ER) 7am	KickFIT* 9:15am
	FightFIT 7am		FightFIT 7am		KickFIT* Express 8am	KickFIT* 10:30am
KickFIT* 8:45am	KickFIT 8:45am	KickFIT* 8:45am	KickFIT 8:45am	KickFIT* 8:45am	KickFIT Express 8:45am	KickFIT Express 11:30am
KickFIT 10am	KickFIT 10am	Strong(ER) 10am	KickFIT 10am	KickFIT 10am	KickFIT Express 9:30am	
					KickFIT Express 10:15am	
KickFIT Express 3:30pm	KickFIT Express 4pm	KickFIT Express 3:30pm	KickFIT Express 4pm	KickFIT Express 3:30pm		
Strong(ER) 4:35pm	KickFIT Express 5pm	KickFIT Express 4:35pm	KickFIT Express 5pm	Strong(ER) 4:35pm		
KickFIT 5:45pm	FightFIT 6pm	Strong(ER) 5:45pm	FightFIT 6pm	KickFIT 5:45pm		

KickFIT: Our signature kickboxing fitness workout

Strong(ER): Our strength training classes

FightFIT: 3 Station Kickboxing, Strength & Conditioning class

KickFIT & Strong(ER) classes are 45-min in length, KickFIT Express classes are 35-min in length

Scan the QR code to try a class on us!

