



KickFIT Brookfield

Call: (203)403-3382
Text: (203)433-6768
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MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
	KickFIT 5:30am		KickFIT 5:30am	KickFIT 7am	Strong(ER) 7:00am	
KickFIT 9:30am		KickFIT 9:30am		KickFIT 9:30am	KickFIT 8am	Bootcamp 9:00am
					KickFIT 9am	KickFIT 10am
KickFIT Express 3:45pm		KickFIT Express 3:45pm		Intro to KF* 3:45pm	<p>Please remember to:</p> <ul style="list-style-type: none"> • Check-in at front desk • Arrive 5-10 min <i>prior</i> to your class time • Wear appropriate <i>workout apparel</i> to classes • Have your hands wrapped <i>before</i> 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 <p>195 Federal Road, Brookfield, CT (203)403-3382</p>	
KickFIT Express 4:45pm	Strong(ER) 4:30pm	KickFIT Express 4:45pm	Strong(ER) 4:30pm	FIGHTFIT 4:45pm		
KickFIT 5:45pm	KickFIT 5:30pm	KickFIT 5:45pm	KickFIT 5:30pm	Advanced KickFIT 5:45pm		
KickFIT 6:45pm		Strong(ER) 6:45pm				

KickFIT & KickFIT Express: Our signature kickboxing fitness class- 45 MIN / Express 35 MIN

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

Bootcamp: Cardio, strength, and kickboxing - 45 MIN

FightFIT: 3 Station Kickboxing, Strength, & Conditioning Class - 45 MIN

Advanced KickFIT: Advanced combos, conditioning and partner work - 45 MIN

Intro to KickFIT*: First timers only. Great for those with little or no kickboxing experience - 20 MIN



Scan the QR code to try a class on us!