



KickFIT Brookfield

Call: (203)546-7305
Text: (203)433-6768
Email: theteam@kickfitct.com

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
	KickFIT 5:30am		KickFIT 5:30am		Strong(ER) 7am	
	KickFIT 8:45am		KickFIT 8:45am		KickFIT 8am	KickFIT 8am
KickFIT 9:30am	KickFIT 10am	KickFIT 9:30am	KickFIT 10am	KickFIT 9:30am	KickFIT 9am	Bootcamp 9am
					KickFIT Express 10:00am	KickFIT 10am
KickFIT Express 4:45pm	KickFIT Express 4:30pm	Strong(ER) 4:45pm	KickFIT Express 4:30pm	KickFIT Express 4:45pm		
KickFIT 5:45pm	KickFIT 5:30pm	KickFIT 5:45pm	KickFIT 5:30pm	KickFIT 5:45pm		
	Advanced KickFIT 6:30m		FightFIT 6:30pm			

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

Scan the QR
code to try a
class on us!

