



Busto's Kickboxing Class Schedule



310 Main St. Holbrook, NY 11741 (631) 676 5831

Monday	6:00 – 7:00 pm	7:30 – 8:30 pm
Tuesday	5:30 – 6:30 pm	
Wednesday	6:00 – 7:00 pm	7:30 – 8:30 pm
Thursday	5:30 – 6:30 pm	
Friday	6:00 – 7:00 pm	7:30 – 8:30 pm
Saturday	9:45 – 10:45 am	11:00 am – 12:00 pm
Sunday	9:45 – 10:45 am	

Join us for this action-packed group fitness class that combines fun and fast-paced cardio with martial arts techniques. Improve coordination and build stamina while burning calories and building lean muscle. We'll see you there!

Don't see a day/time you are looking for? Please email us at senseimatt@bustosmartialarts.com with your suggested class times!