# november 2026

# FITNESS CLASSES

MOUNTAIN KARATE ACADEMY

| SUN | MON | TUE | WED | THU | FRI | SAT |
|---|---|---|---|---|---|---|
| 1 | 2<br>6PM - KICKBOXING | 3<br>5:30PM - YOGA<br>6:30PM - YOGA | 4<br>5:45PM - SCULPT & CARDIO YOGA | 5<br>6:45PM - CIRCUIT TRAINING | 6<br>5:30PM - YOGA (CASH ONLY) | 7<br>9AM - CIRCUIT TRAINING |
| 8 | 9<br>6PM - KICKBOXING | 10<br>5:30PM - YOGA<br>6:30PM - YOGA | 11<br>6PM - KICKBOXING | 12<br>NO CLASS | 13 | 14<br>CLOSED |
| 15 | 16<br>6PM - KICKBOXING | 17<br>5:30PM - YOGA<br>6:30PM - YOGA | 18<br>5:45PM - SCULPT & CARDIO YOGA | 19<br>6:45PM - CIRCUIT TRAINING | 20<br>5:30PM - YOGA (CASH ONLY) | 21<br>9AM - CIRCUIT TRAINING |
| 22 | 23<br>6PM - KICKBOXING | 24<br>5:30PM - YOGA<br>6:30PM - YOGA | 25<br>CLOSED | 26<br>CLOSED | 27 | 28<br>9AM - CIRCUIT TRAINING |
| 29 | 30<br>6PM - KICKBOXING | | | | | |

NON-MKA STUDENTS
10 CLASSES / $75
20 CLASSES / $140
$60/MONTH UNLIMITED

MKA STUDENTS
10 CLASSES / $65
20 CLASSES / $120

BUNDLE PRICING AVAILABLE FOR MKA STUDENTS/FAMILIES

ALL CLASSES ARE $10 OR A CLASS CARD MAY BE PURCHASED!
*FRIDAY NIGHT YOGA NOT INCLUDED FOR CLASS CARDS. CASH ONLY

WWW.MOUNTAINKARATE.COM
468 DELAWARE AVE
PALMERTON