

august

2026

FITNESS CLASSES



SUN

MON

TUE

WED

THU

FRI

SAT

NON-MKA STUDENTS 10 CLASSES / \$75 20 CLASSES / \$140 \$60/MONTH UNLIMITED 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 - \$10						1 NO CLASS
2	3 6PM - CORE & MORE	4 5:30PM - YOGA 6:30PM - YOGA	5 5:45PM - TABATA BLAST	6 5:45PM - KICKBOXING "BACK TO THE 80'S"	7	8 NO CLASS
9	10 NO CLASS	11 5:30PM - YOGA 6:30PM - YOGA	12 5:45PM - CARDIO/ SCULPT YOGA	13 NO CLASS - MKA CLOSED	14 5:30PM - YOGA (CASH ONLY)	15 9AM - TABATA BLAST
16	17 6PM - KICKBOXING	18 5:30PM - YOGA 6:30PM - YOGA	19 5:30PM - "BAND" CAMP	20 5:45PM - CARDIO BLAST	21	22 9AM - TOTAL BODY CIRCUIT
23	24 6PM - KICKBOXING "BACK TO THE 80'S"	25 5:30PM - YOGA 6:30PM - YOGA	26 6PM - KICKBOXING "HIP HOP & HOOKS"	27 6:45PM - FUNCTIONAL FLOW	28 5:30PM - YOGA (CASH ONLY)	29 9AM - TABATA BLAST
30	31 6PM - KICKBOXING			www.MountainKarate.com 468 DELAWARE AVE PALMERTON		