

july 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	2	3	4
			6PM - KICKBOXING "DISCO KNOCKOUT"	5:45PM - TOTAL BODY CIRCUIT		CLOSED
5 CLOSED	6 6PM - STRENGTH & STABILITY	7	8 6PM - KICKBOXING "BACK TO THE 80'S"	9 5:45PM - CARDIO BLAST	10	11 9AM - TOTAL BODY CIRCUIT
12	13 6PM - CORE & MORE	14	15 6PM - "ONE HIT WONDERS" KICKBOXING	16 5:45PM - "BAND" CAMP	17	18 9AM - TOTAL BODY CIRCUIT
19	20 6PM - BALANCE & BURN	21	22 NO CLASS	23 5:45PM - CORE & MORE	24	25 9AM - TABATA BLAST
26	27 6PM - GLUTES & GAINS	28 5:30PM - YOGA 6:30PM - YOGA	29 6PM - KICKBOXING "HIP HOP & HOOKS"	30 5:45PM - TABATA BLAST	31 5:30PM - YOGA (CASH ONLY)	

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PALMERTON