

September 2026

FITNESS CLASSES



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MON

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FRI

SAT

468 DELAWARE AVE PALMERTON WWW.MOUNTAINKARATE.COM		1 5:30PM - YOGA 6:30PM - YOGA	2 6PM - KICKBOXING	3 6:45PM - CORE & MORE	4	5 9AM - TOTAL BODY CIRCUIT
6	7 NO CLASS - MKA CLOSED	8 5:30PM - YOGA 6:30PM - YOGA	9 6PM - SCULPT & CARDIO YOGA	10 6:45PM - CARDIO BLAST	11 5:30PM - YOGA (CASH ONLY)	12 9AM - TABATA BLAST
13	14 6PM - KICKBOXING	15 5:30PM - YOGA 6:30PM - YOGA	16 6PM - KICKBOXING	17 6:45PM - BALANCE & BURN	18	19 9AM - TOTAL BODY CIRCUIT
20	21 6PM - KICKBOXING	22 5:30PM - YOGA 6:30PM - YOGA	23 6PM - SCULPT & CARDIO YOGA	24 6:45PM - JUST ONE ROUND	25 5:30PM - YOGA (CASH ONLY)	26 9AM - TABATA BLAST
27	28 6PM - KICKBOXING	29 5:30PM - YOGA 6:30PM - YOGA	30 6PM - KICKBOXING	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		