

March 2026

FITNESS CLASSES



SUN MON TUE WED THU FRI SAT

1	2 6PM - KICKBOXING	3 5:30PM - YOGA 6:30PM - YOGA	4 6PM - CIRCUIT TRAINING	5 5:45PM - MOVE WITH MAKAYLA	6 5:30PM - YOGA (CASH ONLY)	7 9AM - CIRCUIT TRAINING
8	9 6PM - KICKBOXING	10 5:30PM - YOGA 6:30PM - YOGA	11 6PM - KICKBOXING	12 5:45PM - MOVE WITH MAKAYLA	13	14 9AM - CIRCUIT TRAINING
15	16 6PM - KICKBOXING	17 5:30PM - YOGA 6:30PM - YOGA	18 6PM - CIRCUIT TRAINING	19 5:45PM - MOVE WITH MAKAYLA	20 5:30PM - YOGA (CASH ONLY)	21 9AM - CIRCUIT TRAINING
22	23 6PM - KICKBOXING	24 5:30PM - YOGA 6:30PM - YOGA	25 6PM - CIRCUIT TRAINING	26 5:45PM - MOVE WITH MAKAYLA	27	28 9AM - CIRCUIT TRAINING
29	30 6PM - KICKBOXING	31 5:30PM - YOGA 6:30PM - YOGA				

468 DELAWARE AVE
PALMERTON

WWW.MOUNTAINKARATE.COM

NON-MKA STUDENTS 10 CLASSES / \$75
20 CLASSES / \$140
MKA STUDENTS 10 CLASSES / \$65
20 CLASSES / \$120
\$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