



Lehigh Valley Martial Arts



7200B Windsor Drive
 Allentown, PA 18106
 610-366-8084

Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
4:00 – 4:30						
4:30 – 5:15		Kid's Beginner White & Yellow		Kid's Beginner White & Yellow		
5:15 – 6:00		Kid's Beginner White & Yellow		Kid's Beginner White & Yellow		
6:15 – 7:15		14 & Up Adult		14 & Up Adult		
7:00-8:00			Cardio Kickboxing			
7:30-8:30		Zumba		Zumba		
8:00-9:00	Cardio Kickboxing					

Effective: July 19, 2010

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