



An MK Boxing Newsletter

Issue 18

JUNE 11, 2008

NEWS at MK Boxing:

- 30 MINUTE INTENSE CONDITIONING, KICKBOXING AND BOXING DRILL CLASSES HAVE BEGUN AT MK BOXING EVERY TUESDAY AT 5:30 PM.
- BRAZILIAN JIU JITSU BEGINNERS CLASS HAS BEEN ADDED ON EVERY WEDNESDAY FROM 7:30 PM – 8:45PM. WE NOW HAVE 4 BRAZILIAN JIU JITSU CLASSES EVERY WEEK.
- WANTED: EXPERIENCED INSTRUCTORS
- SPRING AND SUMMER CLOTHING HAVE ARRIVED AT MK BOXING.
- SATURDAY MORNING KICKBOXING CLASS AT 10:30 AM IS GOING STRONG.
- KICKBOXING AND CIRCUIT TRAINING CLASSES ARE AVAILABLE AT 5:30 AM ON TUESDAYS AND THURSDAYS FOR THE EARLY RISERS.

Spring and Summer clothing: MK Boxing has received its spring and summer clothing apparel. Purchase your tank tops and tee shirts today.

MK Boxing has added a new 30 minute intense boot camp every Tuesday from 5:00 pm – 5:30 pm. The class will consist of conditioning, kickboxing and boxing drills. Members should come prepared to hit the bags right away since there will be no stretch or warm up in this class. The class is geared for those members who have taken a number of conditioning classes at MK Boxing.

MK Boxing beginners Brazilian Jiu Jitsu Class Added on Wednesdays at 7:30 PM:

We have added a new Jiu Jitsu class on Wednesday nights. This class is geared for beginners only, and is open to men and women with little or no experience.

As a reminder the beginners boxing class on Wednesday's at 5:30pm has been moved to 6:00pm and will be led by instructor Robert Jones. The Saturday kickboxing class on Saturdays will also be instructed by Rob.

MK BOXING NEW SATURDAY HOURS ARE 9:00AM- 3:00PM. SUNDAY 9:00AM-3:00PM

Mk Boxing has added incentives for police, fire and military personnel. To be eligible for special pricing, an Id must be shown at time of signup.

WANTED: Instructors

We are always looking for quality, experienced instructors. If you know of anyone who would make a good addition to our MK Boxing family, please let us know. A referral fee will be paid to the referring member.

Continued health and prosperity to each of you and your families,

Best regards,

Mike



IT'S NOT YOUR OLD MAN'S BOXING GYM.

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