



PUNCHLINES

An MK Boxing Newsletter

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NEWS at MK Boxing:

MK Boxing hosted a Japanese Jiu Jitsu seminar with Michael Depasquale who is a very well known expert in Jiu Jitsu this past June.

We have added a new noon class time on Wednesday's for those people that need to come in for a quick _ hour workout. This will be an intense kickboxing boot camp class which will focus on boxing, kickboxing drills and conditioning. The class is from 12 noon - 12:35pm.

Fight night at MK Boxing in fall.

- **SPRING AND SUMMER CLOTHING is still available at MK Boxing.**
- **For those into Kickboxing and Martial Arts, MK Boxing is looking to book Super foot Bill Wallace in late August. This is a 3 hour seminar presented by one of the greatest world champions of kickboxing. It will be held on Sunday August 24th from 12 noon-3:00pm. The gym will close for the event at 12 noon. You must pre register for this event and the seminar fee is \$60.00 dollars. The seminar will focus on conditioning and partner drills. ~~This is a great opportunity to train with a great champion. Pay your advance registration today to reserve your spot before they run out.~~**
- **Kickboxing and circuit training classes are available at 5:30 am on Tuesdays and Thursdays.**

Fight night is coming to MK Boxing: MK Boxing is looking to team up with professional promoter Peter Rogers and the United States Kickboxing Association in the fall. The fights will be in Muay Thai, Mixed Martial Arts and Grappling. The fights will be amateur and sanctioned by USKBA. MK Boxing will be providing more information in August. Stay tuned for details.

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

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

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.

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

Best regards,

Mike Knox

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