



Grand Opening Schedule

Come join us for a fun weekend. All events are **FREE!** Just come on in and try some of our classes. There are door prizes too! Bring your friends.

Friday, February 21st

4:45PM - 5:30PM	Intro to PRIDE KIDS	Trisha Shay
5:30PM- 6:30PM	Kickboxing 30/30	Margaret Wagner
6:00PM- 6:45PM	Intro to Krav Maga	Shannon Marshall
6:30PM- 7:00PM	Moove & Groove	Erin Lake

Saturday, February 22nd

10:00AM - 10:45AM	Kickboxing	Margaret Wagner
10:00AM - 10:45AM	Intro to Krav Maga	Shannon Marshall
11:00AM - 11:45AM	Kettle Bell	Margaret Wagner
11:00AM - 12:15AM	Krav Maga Street Wise	Eladio Roman
12:00PM - 12:45PM	Tabata	Shannon Wiggins
12:00PM - 1:15PM	Women's Self Defense -PINK & FIERCE	Shannon Marshall/Trisha Shay
12:30PM - 1:15PM	Ground & Grappling	Patrick Farrell
1:00PM - 1:45PM	Core Cardio Blast	Serra Gore
1:30PM - 2:30PM	KM Kicking Class	Ken Richstad
2:00PM - 2:45PM	Junk Yard Fitness	Judy Bryant
3:00PM - 5:00PM	KM Defend the Defenseless	Ryan Hoover

Sunday, February 23rd

12:00PM - 12:45PM	Intro To Fight	Shannon Marshall / Jon Catoe
12:45PM - 1:45PM	PRIDE Kids- Stop Bullying	Shannon Marshall / Trisha Shay
1:00PM - 1:45PM	Sunday Funday Dance	Erin Lake
2:00PM - 5:00PM	Dodge Ball Tournament	Teams of 4-6 players
	Dodge Ball Tournament	ages 4-6
	Dodge Ball Tournament	ages 7-14
	Dodge Ball Tournament	adults

BE FIT | BE POWERFUL | BE CONFIDENT
 1147-A Saint Marks Church Road, Burlington, NC [336-270-3005](tel:336-270-3005)