


































# February 2012

## FOXY & FIERCE WOMEN'S KICKBOXING BOOTCAMP

[WWW.FOXYANDFIERCE.COM](http://WWW.FOXYANDFIERCE.COM)

Sun	Mon	Tue	Wed	Thu	Fri	Sat
29	30 	31 	1 	2 	3 	4 
5 Super Bowl! 	6 	7 	8 	9 	10 	11 
12  LA Marathon Training	13 	14 	15 	16 	17 	18 
19  LA Marathon Training	20 	21 	22 	23 	24 	25 
26 "Simple Self-Defense" Brunch 11AM	27 	28 	29 	1 	2 	3 
<b>Monday</b>  <b>Full Body/ Kickboxing</b>  6:30-7:30 AM 9:30-10:30AM 5:45-6:45PM 6:45-7:45PM	<b>Tuesday</b>  <b>Butt &amp; Legs/ Kickboxing</b>  6:30-7:30AM 9:30-10:30AM 5:15-6:15PM 7:45-8:45PM	<b>Wednesday</b>  <b>Ab Burn/ Kickboxing</b>  6:30-7:30AM 9:30-10:30AM 5:45-6:45PM 6:45-7:45PM	<b>Thursday</b>  <b>Upper Body/ Kickboxing</b>  6:30-7:30AM 9:30-10:30AM 5:30-6:30PM	<b>Friday</b>  <b>Conditioning/ Kickboxing</b>  6:30-7:30AM 9:30-10:30AM 5:45-6:45PM	<b>Saturday</b>  <b>Kickboxing</b> 8:30-9:30am  <b>Sunday</b>  LA Marathon Training	

Days where the Foxy & Fierce Symbol is, Class is offered.