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Kicking Boxing and Wrestling classes are temporary cancelled until the new building is available. Â Â

This is an intense training session of high energy, high impact, total body conditioning. This class teaches the fundamentals of boxing and kickboxing. Drills utilizing thai pads, heavy punching bag training, floor body conditioning, take down and partner drills.Â Regular sparring and competition training for those who are interested in doing so.Â Learn self-defense and have fun too!

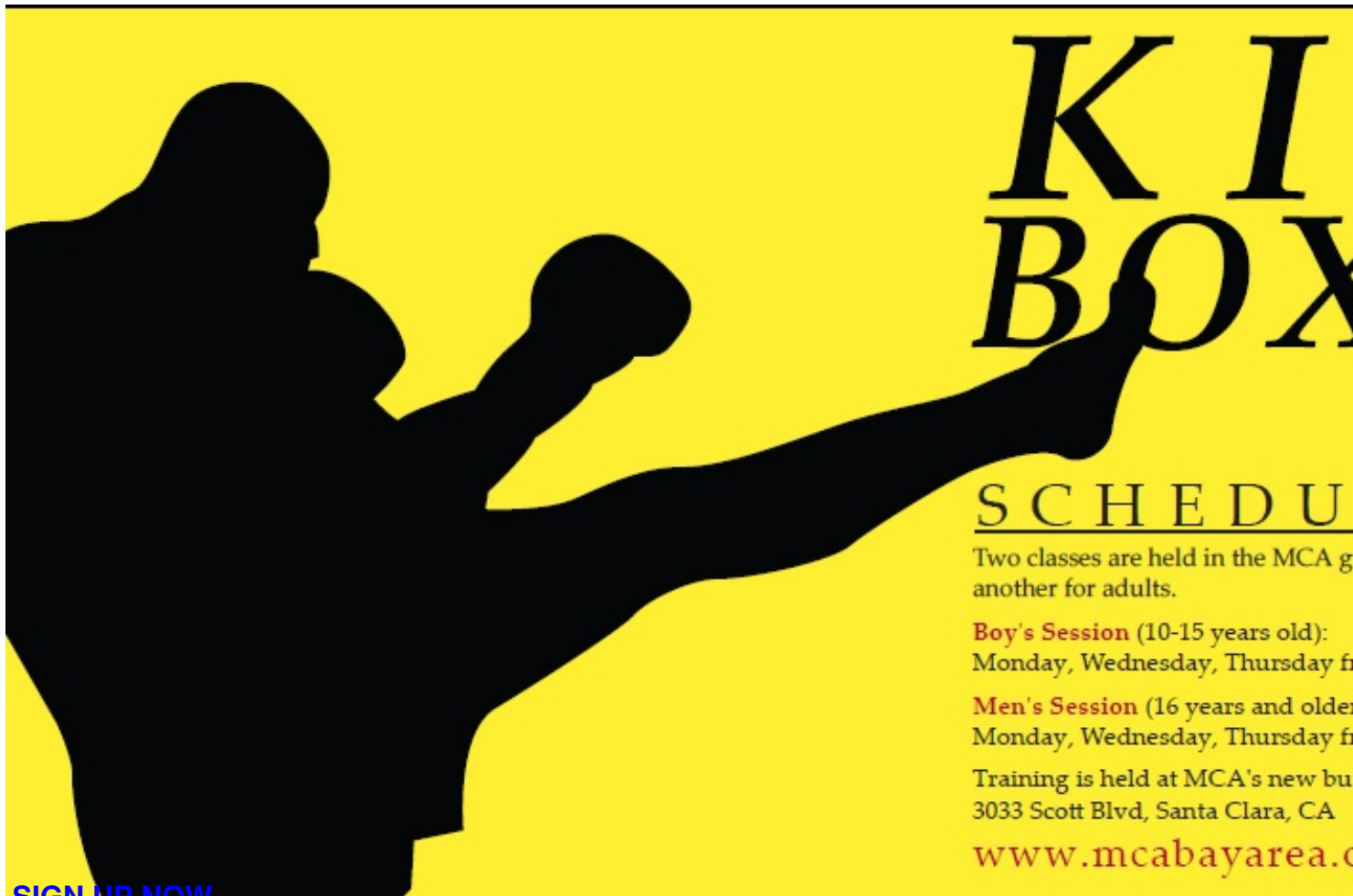
Age: Men of ages 16 years and older

Time: Mondays, Wednesdays, & Thursdays: 7:00 pm – 8:15 pm

Cost: \$65 per month

Kick boxing instructor: AbduLatif TaylorÂ

Location: 3033 Scott Blvd (MCA New Building Next Door)



KICK BOXING

SCHEDULE

Two classes are held in the MCA gymnasium, and another for adults.

Boy's Session (10-15 years old):
Monday, Wednesday, Thursday from 5:00-6:00 PM

Men's Session (16 years and older):
Monday, Wednesday, Thursday from 6:00-7:00 PM

Training is held at MCA's new building at
3033 Scott Blvd, Santa Clara, CA 95051

www.mcabayarea.org

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