



Lockhart I.S.D. Community Education

American Kickboxing by Bryan Bell

Location: Adam's Gym

Session Dates: February 3, 2025 - March 28, 2025

Class Days: Monday 5:30-6:30 pm
Tuesday and Thursday 7:30- 8:30 am
Friday at 6:00 - 7:00 pm

Age Limit: 14 and up

Full Session Fee: \$100.00

You can attend all 4 classes each week/class will cap at 18 people

Drop in classes \$10.00

Each class is a full body workout that begins with a warm up: jump rope,
foot work and mobility

Main portion of the class: partner based for pad holders/4 rounds for striking

Cool Down: Core work and stretching

To register online, visit



Or

Register at the M.L. Cisneros Education Support Center, 419 Bois D'Arc St.

To pay online, visit

<https://lockhartisd.revtrak.net/community-education/#/v/CE-kickboxing>

Office Hours: Monday - Friday

8:00 a.m. - noon; 1:00 p.m. - 4:30 p.m.

Phone: (512) 398-0245 Fax: (512) 398-0293

For more information, please call Community Education at (512) 398-0245