

It's a Butt Kicking - Bag Slammin Great Time

And at 800 Calories per hour burned it's still the best workout around!

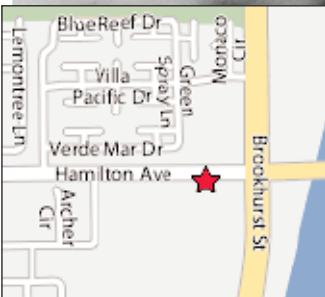
Cardio Kickboxing has always been considered a top calorie burner. And for the 10th year in a row "Muscle & Fitness" Magazine again call it the most effective workout around.

With our intensive cardio sets, muscle resistance training, martial arts moves taught by Black Belt Instructors, killer abdominal exercises and plyometrics we'll give you that body you've been dreaming of.

And with our convenient schedule you're sure to find a time to suit your busy schedule

So what are you waiting for?

Take a free trial class today.



Hae Dong Martial Arts
9946 Hamilton Ave
Huntington Beach
(on the corner of
Brookhurst & Hamilton)

Convenient Morning & Evening Schedule
Morning Classes at 8:15 and 9:15 Mon, Tues, Wed, Fri
Mon-Thurs - 7:15 pm

714-501-1803