

**WHAT IS BODYCOMBAT?**

BODYCOMBAT® is a workout where we punch and kick, but without contact. Participants get their whole bodies fit and strong, burn massive calories, relieve stress, feel empowered and have a blast. Supported by driving music and powerful role model instructors, participants will strike, punch and kick their way through calories to superior cardio fitness.

**WHAT IS THE ESSENCE?**

The class draws from a wide array of disciplines such as Karate, Boxing, Tae Kwon Do, Capoeira and Kickboxing. Supported by driving music and powerful role model instructors.

**KEY INSTRUCTOR TRAITS**

**ATHLETIC AND FIT.  
ENERGETIC.  
DETERMINED.  
ENGAGING AND  
INSPIRATIONAL.  
MARTIAL ARTS BACKGROUND  
OR WILLING TO LEARN.  
ABLE TO PUSH THEIR LIMITS  
AND ENCOURAGE OTHERS.**

**CLASS LENGTHS**



**EQUIPMENT NEEDED**

**N/A.**

