



# **SAM SOLIS FITNESS STUDIO**

**214-207-4644 / samsolis53@att.net**

## **PERSONAL TRAINING / HOURS OF OPERATION**

**MON-FRI: 7AM-12PM**

**MON, WED, FRI: 12:15 PM-1:15 PM**

**MON, TUES, THURS: 3:30 PM-6:30PM**

**@ INWOOD SOCCER CENTER 14801 INWOOD RD ADDISON, TX 75001**

## **NATIONAL KARATE ACADEMY / CLASS SCHEDULES**

**WED:**

**AGES 4-8 4:15PM-5:15PM**

**AGES 9-12 5:30PM-6:30PM**

**AGES 13 & UP 6:45PM-7:45PM**

**THURS:**

**AGES 7-12 6:00PM-7:00PM**

**AGES 13 & UP 7:15PM-8:15PM**

**Tues, Thurs:**

**Ages 5-12 6:00 – 7:00 pm**

**Ages 13 & up 7:15 – 8:15 pm**

## **SPORTS MASSAGE THERAPY MUSCLE ACTIVATION SYSTEM**

**CALL FOR APPOINTMENT**

**@ INWOOD SOCCER CENTER 14801 INWOOD RD ADDISON, TX 75001**