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list of local kickboxing schools

<https://www.muay-thai.ws/muay-thai-kickboxing-cardio-fitness-workout-ohio>

In the past, martial arts based fitness training programs were too watered down, or they limited the kickboxing instructor by only offering a large group fitness format. That requires a lot more floor or mat space (and often expensive very equipment). We realized there must be a better way. People like you want a realistic and challenging martial arts fitness fitness program without the fluff or contact of actual fighting.

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Date created: 05 01 2020