

LOCATION

560 South "A" St
Oxnard, Ca 93030
805. 486.2269



GYM HOURS

Mon-Thur 5am – 10pm Fri 5am -9pm
Sat 8am – 2pm Sun 8am – 2pm

CLASS DESCRIPTIONS

KO 360: This Knockout class is incorporating a full circuit station workout of all the best elements of Knockout classes. Various stations from heavy bag drills, focus mitt work, and core work. Working in great boxing & kickboxing drills, exhilarating music, rounding it all up for a great, enjoyable and challenging class.

Golden Gloves: For anyone looking to take their skill to the next level. Perfect your form and technique while focusing on all the basic punches. This class will incorporate focus mitts as well as bag training! No kicks will be incorporated.

***Please make sure you have checked with your doctor To ensure you are able to enjoy these workouts *Please bring a towel and water to enjoy the class**
***We recommend you pick up your own pair of gloves,**
Wraps, gear at the KO Store

Knockout Momentum: Fun, exciting, and always different, burns a high level of calories in one hour. Focusing on upper and lower body bag drills, you will develop real boxing and kickboxing skills while acquiring a lean and fit body! This class allows you to evolve at a safe yet challenging pace.

KO 101: This fun unique class combines all the basics of boxing and kickboxing, utilizing bag work and *focus mitts. Incorporating specific strength, cardio and core training, while building endurance and burning fat. This class allows all levels of skill to use their differences to empower each other pushing forward continually while achieving your fitness goals

Go Girl Go: GIII
The most innovating and exciting Boxing & Fitness program for women in any recent times. This customized 10 week program for women, as featured on the "Today Show" A unique combination of nutritional, emotional, and physical support allows G3 to have accountability and support.

www.KO101.com

"Mission Statement"

Our mission is to provide our members with an immediate feeling of positive energy & inspiration through our unique concept, technique, & delivery of the KO experience"

Member referral program June: Refer a friend or family to join on a regular membership this month and receive a preferred rate for them and a free month for you. **ASK TODAY FOR DETAILS...**
Some restrictions apply

Yoga: Coming in Summer 08

Yes U Can: Is in full force ages 12-17. See a team member today to enroll your youth.

Try our new "Reset" program see Fernando today and lose the weight you wanted too and learn to keep it off.

USANA Products.