

** MMA Class is an additional fee. Ask front desk for details.

JULY 2010

CLASS SCHEDULE

| Class Times | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY |
|-------------|--|--|--|--|---------------------------|----------------------|
| 5:30 AM | KO 360 Jaime | | KO 360 Jaime | | KO 360 Jaime | |
| 9:00 AM | | | | | | KO 101 Johnny/Jen |
| 10:00 AM | | | | | | |
| 4:00 PM | Youth Boxing Adrian/Mikey Ages 10-16 | Kids Boxing Adrian/Mikey Ages 6-10 | Youth Boxing Adrian/Mikey Ages 10-16 | Kids Boxing Adrian/Mikey Ages 6-10 | | |
| 5:00 PM | Youth Boxing Adrian/Mikey Ages 10-16 | Kids Boxing Adrian/Mikey Ages 6-10 | Youth Boxing Adrian/Mikey Ages 10-16 | Kids Boxing Adrian/Mikey Ages 6-10 | | |
| **5:00 PM | | MMA John | | MMA John | | |
| 6:00 PM | Golden Gloves Jennifer | KO 360 Jaime | Golden Gloves Jennifer | KO 360 Jaime | Sparring Open 6-8pm | |
| 7:00 PM | BOXFIT Nicky | KO 101 Johnny/Jen | BOXFIT Nicky | Knockout Momentum Johnny/Jen | | |
| 8:00 PM | KO101 Johnny | | KO101 Johnny | | | |

- Make sure to receive your complimentary one on one personal training session and either, boxing and/or kickboxing session. Make your appointment at the front desk.
- Please do not forget your workout towel.



www.knockoutoxnard.com

GYM HOURS

Monday-Thursday: 5:00 am to 9:00 pm
 Friday: 5:00 am to 8:00 pm
 Saturday: 8:00 am to 4:00 pm
 Sunday: 8:00 am to 12:00pm

PH. 805-486-2269