

# 2012

<b>CLASS SCHEDULE</b>						
<b>Class Times</b>	<b>MONDAY</b>	<b>TUESDAY</b>	<b>WEDNESDAY</b>	<b>THURSDAY</b>	<b>FRIDAY</b>	<b>SATURDAY</b>
<b>5:30 AM</b>	KO 360 Jaime		KO 360 Jaime		KO 360 Jaime	
<b>9:00 AM</b>						KO 101 Dawna/Tara
<b>10:00 AM</b>						
<b>4:00 PM</b>	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		
<b>5:00 PM</b>	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		
<b>6:00 PM</b>	Golden Gloves Tara	KO 360 Dawna	Golden Gloves Tara	KO 360 Dawna	Sparring Open All Day	
<b>7:00 PM</b>	Box Fit Nicky	KO 101 Jose	Box Fit Nicky	Knockout Momentum Jose		
<b>8:00 PM</b>	KO101 Angie		KO101 Angie			

- 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](http://www.knockoutoxnard.com)

## GYM HOURS

Monday-Thursday: 5:00 am to 10:00 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**