





## KNOCKOUT FITNESS GROUP TRAINING SCHEDULE

| MONDAY                          | TUESDAY                                     | WEDNESDAY                                    | THURSDAY                       | FRIDAY                      | SATURDAY                    |
|---------------------------------|---|--|--------------------------------|-----------------------------|-----------------------------|
| <i>Legs and Core</i><br>5:30 AM | <i>Back, Biceps,<br/>Triceps</i><br>5:30 AM | <i>Chest,<br/>Shoulders, Core</i><br>5:30 AM | <i>Recovery Day</i><br>5:30 AM | <i>Full Body</i><br>5:30 AM |                             |
|                                 |   |  |                                |                             | <i>Full Body</i><br>9:00 AM |
| <i>Legs and Core</i><br>5:30 PM | <i>Back, Biceps,<br/>Triceps</i><br>5:30 PM | <i>Chest,<br/>Shoulders, Core</i><br>5:30 PM | <i>Recovery Day</i><br>5:30 PM | <i>Full Body</i><br>5:30 PM |                             |
| <i>Legs and Core</i><br>6:30 PM | <i>Back, Biceps,<br/>Triceps</i><br>6:30 PM | <i>Chest,<br/>Shoulders, Core</i><br>6:30 PM | <i>Recovery Day</i><br>6:30 PM | <i>Full Body</i><br>6:30 PM |                             |
| <i>Legs and Core</i><br>7:30 PM | <i>Back, Biceps,<br/>Triceps</i><br>7:30 PM | <i>Chest,<br/>Shoulders, Core</i><br>7:30 PM | <i>Recovery Day</i><br>7:30 PM | <i>Full Body</i><br>7:30 PM |                             |

## BOXING AND MMA SCHEDULE

| MONDAY  | TUESDAY                                | WEDNESDAY                                       | THURSDAY                               | FRIDAY                               | SATURDAY  |
|---|--|---|--|--------------------------------------|---|
| <i>Kids<br/>Boxing</i><br>4:30-5:30 PM          | <i>Kids<br/>Boxing</i><br>4:30-5:30 PM | <i>Kids<br/>Boxing</i><br>4:30-5:30 PM          | <i>Kids<br/>Boxing</i><br>4:30-5:30 PM |                                      | <i>MMA Striking</i><br>9:30 AM  |
| <i>Advanced<br/>Boxing</i><br>5-6 PM            | <i>Advanced<br/>Boxing</i><br>5-6 PM   | <i>Advanced<br/>Boxing</i><br>5-6 PM            |  |                                      | <br>@koboxing805     |
| <i>Advanced<br/>Boxing</i><br>6-9 PM            | <i>Advanced<br/>Boxing</i><br>6-9 PM   | <i>Advanced<br/>Boxing</i><br>6-9 PM            | <i>Advanced<br/>Boxing</i><br>6-9 PM   | <i>Advanced<br/>Boxing</i><br>6-9 PM | <br>@KnockoutFitness |
| <i>MMA Striking<br/>Fundamentals</i><br>6:30 PM | <i>MMA JiuJitsu</i><br>6:30 PM         | <i>MMA Striking<br/>Fundamentals</i><br>6:30 PM | <i>MMA JiuJitsu</i><br>6:30 PM         |                                      | <b>560 S. A Street</b><br><b>Oxnard, CA 93030</b><br><b>805 - 486 - 2269</b>                              |