

KNOCKOUT FITNESS GROUP TRAINING SCHEDULE

LARGE GROUP TRAINING

| | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY |
|--------|-------------------|------------------------------|-------------------|------------------------------|-------------------|--|
| 5:30am | <i>Total Body</i> | | <i>Total Body</i> | | <i>Total Body</i> | |
| 9:00am | | | | | | <i>KO 360</i> |
| 6:00pm | <i>Power Pump</i> | <i>Body Blast</i> | <i>KO Extreme</i> | <i>Triple Threat</i> | <i>Beast Mode</i> | |
| 7:00pm | <i>Box Cardio</i> | <i>Kickboxing Revolution</i> | <i>Box Cardio</i> | <i>Kickboxing Revolution</i> | | <u>GYM HOURS</u> Monday - Friday: 5am-10pm Sat - Sun: 8am-4pm |
| 8:00pm | | <i>Fight Fit</i> | | <i>Fight Fit</i> | | |

SMALL GROUP TRAINING

| | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY |
|--------|--------|-----------------------------|-----------|-----------------------------|--------|
| 6:00pm | | <i>Small Group Training</i> | | <i>Small Group Training</i> | |

KNOCKOUT FIGHT TEAM GROUP TRAINING

| | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY |
|-------------|-----------------------------|------------------------|-----------------------------|------------------------|------------------------|------------------------|
| 9:30am | | | | | | <i>MMA Striking</i> |
| 11:00am | | | | | | <i>MMA Ground Game</i> |
| 4:00-6:00pm | <i>Advanced Boxing</i> | <i>Advanced Boxing</i> | <i>Advanced Boxing</i> | <i>Advanced Boxing</i> | <i>Advanced Boxing</i> | |
| 4:00pm | <i>Kids Boxing</i> | <i>Kids Boxing</i> | <i>Kids Boxing</i> | <i>Kids Boxing</i> | | |
| 5:00pm | <i>Kids Boxing</i> | <i>Kids Boxing</i> | <i>Kids Boxing</i> | <i>Kids Boxing</i> | | |
| 6:30pm | <i>MMA Ground Game</i> | <i>MMA Striking</i> | <i>MMA Ground Game</i> | <i>MMA Striking</i> | | |
| 8:00pm | <i>Muay Thai Essentials</i> | | <i>Muay Thai Essentials</i> | | | |