

# Class Schedule

CALI BOXING & FITNESS

3469 McKee Road \* San Jose, CA 95127 \* 408-729-5269

[www.caliboxing.com](http://www.caliboxing.com) ~ [www.facebook.com/caliboxing](https://www.facebook.com/caliboxing) ~ Instagram: cali\_boxing ~ Snapchat: cali\_boxing

Effective November 1, 2015

GYM Hours	Monday 11am – 9 pm	Tuesday 11am – 9pm	Wednesday 11am – 9pm	Thursday 11am – 9pm	Friday 11am – 8pm	Saturday 8am – 2pm
5:30 AM	Bootcamp: Strength – Fit	Boxing	Bootcamp: Strength – Fit	Boxing	Bootcamp: Strength – Fit	CLOSED
8:00 AM	CLOSED	CLOSED	CLOSED	CLOSED	CLOSED	Boxing
9:15 AM	CLOSED	CLOSED	CLOSED	CLOSED	CLOSED	Adult Boxing 101
11:00 AM- 12:00 PM	OPEN GYM	OPEN GYM	OPEN GYM	OPEN GYM	OPEN GYM	<b>LII Champs 10:30 - 11:15 AM</b>  <b>Youth Boxing 101 11:30 AM - 12:30 PM</b>  <b>Youth Boxing 102 12:30-1:30 PM</b>
12:00 PM	Boxing/ Mitt Work	Strength & Conditioning	Boxing/ Total Body	Thirsty Thursday Cardio Class	Kickboxing/ Abs & Glutes	
1:00 PM- 4:00 PM	OPEN GYM	OPEN GYM	OPEN GYM	OPEN GYM	OPEN GYM	
4:00 PM- 5:30 PM	Boxing Academy  Youth Boxing 101 (4:30-5:30)	Boxing Academy  Youth Boxing 101 (4:30-5:30)	Boxing Academy  Youth Boxing 102 (4:30-5:30)	Boxing Academy  Youth Boxing 102 (4:30-5:30)	Youth Boxing 101 (4:30 – 5:30)	
5:30 PM	Strength & Conditioning	Strength & Conditioning	Strength & Conditioning	Strength & Conditioning	Strength & Conditioning	
5:30 PM	Team Circuit	Kickboxing	Boxing	Kickboxing	Youth Boxing 102	
6:40 PM	Boxing	Boxing	Team Circuit	Boxing	Kickboxing	
7:45 PM	Adult Boxing 101	Adult Boxing 101	Adult Boxing 101	Adult Boxing 101		

*Boxing Gloves & Hand Wraps are required to participate in Boxing & Kickboxing classes.  
Classes & Instructors Are Subject To Change Without Prior Notice*