

Class Schedule

CALI BOXING & FITNESS

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

www.caliboxing.com www.facebook.com/caliboxing2015

Effective August 1, 2015

GYM Hours	Monday 11am – 9 pm	Tuesday 11am – 9pm	Wednesday 11am – 9pm	Thursday 11am – 9pm	Friday 11am – 8pm	Saturday 8am – 2pm
5:45 AM	Strength – Fit	Boxing	Strength – Fit	Boxing	Strength – Fit	CLOSED
8:00 AM	CLOSED	CLOSED	CLOSED	CLOSED	CLOSED	Boxing
9:15 AM	CLOSED	CLOSED	CLOSED	CLOSED	CLOSED	Boxing/ Circuit Training
11:00 AM- 12:00 PM	OPEN GYM	OPEN GYM	OPEN GYM	OPEN GYM	OPEN GYM	Lil Champs 10:30 - 11:15 AM Youth Boxing - 101 11:30 AM - 12:30 PM Youth Boxing - 102 12:30 - 1:30 PM
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- 5:25 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 PM	
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	Boxing 101 – Adults	Kickboxing	Boxing 101 – Adults	Kickboxing		

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