

Class Schedule

San Jose Boxing & Fitness

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

www.sjboxing.com * www.facebook.com/sanjoseboxing

Effective January 21, 2012

GYM Hours	Monday 10am- 9pm	Tuesday 10am- 9pm	Wednesday 10am- 9pm	Thursday 10am- 9pm	Friday 10am- 8pm	Saturday 8am- 12pm
6:00am	Strength –Fit Rick	Boot Camp Jesse	Strength-Fit Rick	Boot Camp Jesse	Strength-Fit Rick	
8:00am						Boot Camp Jesse
9:00am						
9:15am						Cardio Boxing Circuit Training Jesse
10:30am						Lil Champs Cesar
12:00pm	Cardio Boxing Mitt Work Jonathan	Strength –Fit Conditioning Rick	Cardio Boxing Total Body Jonathan	Strength –Fit High Intensity Rick	Cardio Kickboxing Abs & Glutes Jonathan	*Jr. Champions Sparring 11:30am – 1pm Once a Month Date/s to be announced. Joey & Cesar
3:30pm						
4:00pm- 5:25pm	**Competition Level Training Joey & Cesar	**Competition Level Training Joey & Cesar	**Competition Level Training Joey & Cesar	**Competition Level Training Joey & Cesar	**Competition Level Training Joey & Cesar	
4:30pm	Kids Boxing Class 2 Jonathan	Kids Boxing Class 2 Jonathan	Kids Boxing Class 2 Jonathan	Kids Boxing Class 2 Jonathan	Kids Boxing Class 2 Jonathan	
5:30pm	Cardio Boxing Cesar	Cardio Kickboxing Jessie	Cardio Boxing Andrew	Cardio Kickboxing Jessie	Cardio Boxing Cesar	
6:40pm	Cardio Kickboxing Rick	Cardio Boxing Rick	Cardio Kickboxing Rick	Cardio Boxing Rick	Cardio Kickboxing Cesar	
7:45pm	Cardio Boxing Cesar	Cardio Kickboxing Jessie	Cardio Boxing Andrew	Cardio Kickboxing Jessie		

Boxing Gloves and Hand Wraps are required to participate

Instructors may change without prior notice

**Jr. Champions Sparring class subject to Boxing Coach's approval to spar.

**Competition Level Boxers must have valid USA Boxing Certification and must demonstrate sound Boxing fundamentals in order to be considered for Competition Level.

**A minimum of 90 days at Class 1 or 2 must be completed prior to consideration.