

# Class Schedule

## San Jose Boxing & Fitness

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

[www.sjboxing.com](http://www.sjboxing.com) \* [www.facebook.com/sanjoseboxing](http://www.facebook.com/sanjoseboxing)

Effective December 10, 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 <a href="#">Rick</a>	Boot Camp <a href="#">Jesse</a>	Strength-Fit <a href="#">Rick</a>	Boot Camp <a href="#">Jesse</a>	Strength-Fit <a href="#">Rick</a>	
8:00am						Boot Camp <a href="#">Jesse</a>
9:00am						
9:15am						Cardio Boxing Circuit Training <a href="#">Jesse</a>
10:30am						Lil Champs <a href="#">Cesar</a>
12:00pm	Cardio Boxing Mitt Work <a href="#">Jonathan</a>		Cardio Boxing Total Body <a href="#">Jonathan</a>		Cardio Kickboxing Abs & Glutes <a href="#">Jonathan</a>	*Jr. Champions Sparring 10:30am – 12pm <b>Once a Month Date/s to be announced.</b> <a href="#">Joey &amp; Cesar</a>
3:30pm	Kids Boxing Class 1 <a href="#">Jonathan</a>	Kids Boxing Class 1 <a href="#">Jonathan</a>	Kids Boxing Class 1 <a href="#">Jonathan</a>	Kids Boxing Class 1 <a href="#">Jonathan</a>	Kids Boxing Class 1 <a href="#">Jonathan</a>	
4:00pm- 5:25pm	**Competition Level Training <a href="#">Joey &amp; Cesar</a>	**Competition Level Training <a href="#">Joey &amp; Cesar</a>	**Competition Level Training <a href="#">Joey &amp; Cesar</a>	**Competition Level Training <a href="#">Joey &amp; Cesar</a>	**Competition Level Training <a href="#">Joey &amp; Cesar</a>	
4:30pm	Kids Boxing Class 2 <a href="#">Jonathan</a>	Kids Boxing Class 2 <a href="#">Jonathan</a>	Kids Boxing Class 2 <a href="#">Jonathan</a>	Kids Boxing Class 2 <a href="#">Jonathan</a>	Kids Boxing Class 2 <a href="#">Jonathan</a>	
5:30pm	Cardio Boxing <a href="#">Cesar</a>	Cardio Kickboxing <a href="#">Jessie</a>	Cardio Boxing <a href="#">Andrew</a>	Cardio Kickboxing <a href="#">Jessie</a>	Cardio Boxing <a href="#">Cesar</a>	
6:40pm	Cardio Kickboxing <a href="#">Rick</a>	Cardio Boxing <a href="#">Rick</a>	Cardio Kickboxing <a href="#">Rick</a>	Cardio Boxing <a href="#">Rick</a>	Cardio Kickboxing <a href="#">Cesar</a>	
7:45pm	Cardio Boxing <a href="#">Cesar</a>	Cardio Kickboxing <a href="#">Jessie</a>	Cardio Boxing <a href="#">Andrew</a>	Cardio Kickboxing <a href="#">Jessie</a>		

**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.