



**XTREME MARTIAL ARTS & FITNESS CENTER**

Got a Question? Give us a call: 408.293.5326  
Effective date: October 30, 2017

Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
9am	X Fit Kickboxing 9:00 - 10:00am		X Fit Kickboxing 9:00 - 10:00am		X Fit Kickboxing 9:00 - 10:00am	Muay Thai 9:00am - 9:45am	X Fit Kickboxing 9:00am - 10:00am
10am						Combat Fit 9:45 - 10:30am	
11am						BBC Special Skills 10:30 - 11:00am	
12pm						Childrens Martial Arts - All Levels 11:00 - 11:30am	
1pm						Rangers All Levels 11:30am - 12:00pm	
2pm							
3pm	Karate Rangers All Levels 3:30 - 4:00pm	Kids Martial Arts White - Purple 3:30 - 4:15pm	Karate Rangers All Levels 3:30 - 4:00pm	Kids Martial Arts White - Purple 3:30 - 4:15pm			
4pm	Children's Martial Arts White - Purple 4:00 - 4:45pm	Kids Martial Arts Blue and Above 4:15 - 5:00pm	Children's Martial Arts White - Purple 4:00 - 4:45pm	Kids Martial Arts Blue and Above 4:15 - 5:00pm	Karate Rangers All Levels 3:45 - 4:15pm		
5pm	Kids Martial Arts Blue - Black 4:45 - 5:30pm	Karate Rangers All Levels 5:00 - 5:30pm	Kids Martial Arts Blue - Black 4:45 - 5:30pm	Karate Rangers All Levels 5:00 - 5:30pm	Teen / Adult Martial Arts & Black Belts + Kids BJJ 5:00 - 5:45pm		
6pm	Teen / Adult Martial Arts & Black Belts	Teen / Adult Martial Arts & Black Belts	Teen / Adult Martial Arts & Black Belts	Teen / Adult Martial Arts & Black Belts	Combat Fit		
7pm	Kids BJJ 5:30 - 6:15	Boxing 5:30 - 6:15	Kids BJJ 5:30 - 6:15	Boxing 5:30 - 6:15	Boxing + Tech. Sparring 5:45 - 6:30		
8pm	X Fit Kickboxing 6:15 - 7:15pm	Muay Thai / Kickboxing 6:15 - 7:15pm	X Fit Kickboxing 6:15 - 7:15pm	Muay Thai / Kickboxing 6:15 - 7:15pm			
9pm	Muay Thai / Kickboxing 7:15 - 8:15pm	X Fit Kickboxing 7:15 - 8:15pm	Muay Thai / Kickboxing 7:15 - 8:15pm	X Fit Kickboxing 7:15 - 8:15pm			

**MUAY THAI • KICKBOXING • BOXING • CHILDRENS' MARTIAL ARTS • PERSONAL TRAINING • HIIT CIRCUIT TRAINING**

408.293.5326 | 3681 Union Ave, San Jose CA 95124 | www.XMA-FIT.com

