



Got a Question? Give us a call: 408.293.5326
Effective date: October 1, 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	X Fit Kickboxing 9:00 - 10:00am	
10am						Muay Thai 10:00 - 11:00am	
11am							
12pm							
1pm							
2pm							
3pm							
4pm	Children's Martial Arts (All Levels) 4:30 - 5:15pm	Children's Martial Arts (All Levels) 4:30 - 5:15pm	Children's Martial Arts (All Levels) 4:30 - 5:15pm	Children's Martial Arts (All Levels) 4:30 - 5:15pm	Children's Martial Arts (All Levels) 4:30 - 5:15pm		
5pm	Boxing 5:30 - 6:30pm	Muay Thai 5:30 - 6:30pm	Boxing 5:30 - 6:30pm	Muay Thai 5:30 - 6:30pm	X Fit Kickboxing 5:30 - 6:30pm		
6pm	X Fit Kickboxing 6:30 - 7:30pm	X Fit Kickboxing 6:30 - 7:30pm	X Fit Kickboxing 6:30 - 7:30pm	X Fit Kickboxing 6:30 - 7:30pm			
7pm	Muay Thai 7:30 - 8:30pm		Muay Thai 7:30 - 8:30pm				
8pm							
9pm							

MUAY THAI • KICKBOXING • BOXING • CHILDRENS' MARTIAL ARTS • PERSONAL TRAINING

408.293.5326 | Fitness Evolution, 1570 Hamilton Ave, San Jose, CA 95125 | www.XMA-FIT.com

