



Got a Question? Give us a call: 408.293.5326  
Effective Date: March 12, 2018

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						Adult BJJ Open Mat 10:00 - 11:00am	
11am							
12pm							
1pm							
2pm							
3pm							
4pm	Kids Brazilian Jiu Jitsu (7 - 14 years old) 3:45 - 4:45pm	Kids Brazilian Jiu Jitsu (7 - 14 years old) 3:45 - 4:45pm	Kids Brazilian Jiu Jitsu (7 - 14 years old) 3:45 - 4:45pm	Kids Brazilian Jiu Jitsu (7 - 14 years old) 3:45 - 4:45pm	Kids Brazilian Jiu Jitsu (7 - 14 years old) 3:45 - 4:45pm		
	Kids Boxing / Kickboxing (7 - 14 years old) 4:45 - 5:30pm	Kids Boxing / Kickboxing (7 - 14 years old) 4:45 - 5:30pm	Kids Boxing / Kickboxing (7 - 14 years old) 4:45 - 5:30pm	Kids Boxing / Kickboxing (7 - 14 years old) 4:45 - 5:30pm	Kids Boxing / Kickboxing (7 - 14 years old) 4:45 - 5:30pm		
5pm	Adult Brazilian Jiu Jitsu 5:30 - 6:30pm	Muay Thai 5:30 - 6:30pm	Adult Brazilian Jiu Jitsu 5:30 - 6:30pm	Muay Thai 5:30 - 6:30pm	X Fit Boxing 5:30 - 6:30pm		
	X Fit Boxing 6:30 - 7:30pm	X Fit Kickboxing 6:30 - 7:30pm	X Fit Boxing 6:30 - 7:30pm	X Fit Kickboxing 6:30 - 7:30pm	Adult BJJ (All Levels, no gi) 6:30 - 7:30pm		
7pm	Muay Thai 7:30 - 8:30pm	Adult BJJ 7:30 - 8:30pm	Muay Thai 7:30 - 8:30pm	Adult BJJ 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

