



XTREME MARTIAL ARTS & FITNESS CENTER

Got a Question? Give us a call: 408.293.5326
Effective date: March 1, 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	Muay Thai 9:00 - 10:00am	X Fit Kickboxing 9:00am - 10:00am
10am						Eskrima (BBC only) 10:00am - 11:00am	
11am						Children's Martial Arts (All Levels) 10:15 - 10:45am	
12pm						Karate Rangers (All Levels) 10:45 - 11:15am	
1pm							
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		Karate Rangers All Levels 3:45 - 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		Children's Martial Arts All Levels 4:15 - 5:00pm	
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	
	Teen / Adult Martial Arts & Black Belts	Teen / Adult Martial Arts & Black Belts	Teen / Adult Martial Arts & Black Belts	Teen / Adult Martial Arts & Black Belts		Boxing + Technical Sparring 5:45 - 6:30pm	
6pm	Kids BJJ 5:30 - 6:15	Boxing 5:30 - 6:15	Kids BJJ 5:30 - 6:15	Boxing 5:30 - 6:15			
	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			
7pm	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			
8pm							
9pm							

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

