



XTREME MARTIAL ARTS & FITNESS CENTER

Got a Question? Give us a call: 408.293.5326

Effective date: January 2, 2017

| Time | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday | Sunday |
|------|--|--|--|--|--|--|--------------------------------------|
| 6am | X-HIIT 6:00am - 7:00am | X Fit Kickboxing 6:00am - 7:00am | | X Fit Kickboxing 6:00am - 7:00am | | | |
| 7am | | | | | | | |
| 8am | | | | | | | |
| 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 | |
| | | | | | | BBC Special Skills 10:30 - 11:00am | |
| 11am | | | | | | Childrens Martial Arts - All Levels 11:00 - 11:30am | |
| | | | | | | Rangers All Levels 11:30am - 12:00pm | |
| 12pm | | | | | | | |
| 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 | | | |
| 6pm | Kids BJJ 5:30 - 6:15 | Boxing 5:30 - 6:15 | Kids BJJ 5:30 - 6:15 | Boxing 5:30 - 6:15 | Combat Fit | | |
| | 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 | Boxing + Tech. Sparring 5:45 - 6:30 | | |
| 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

