

# CLUBKO



**954-432-3939**

UNIVERSITY MARKETPLACE PLAZA  
8050 PINES BLVD  
PEMBROKE PINES, FL. 33024

**Operating Hrs:** Mon - Fri: 8:00am - 10pm Saturday: 9am - 4pm Sunday: 1pm - 6pm

| Hours  | Monday  | Tuesday                       | Wednesday                     | Thursday                      | Friday                     | Saturday  |
|--|---|-------------------------------|-------------------------------|-------------------------------|----------------------------|---|
| 8:30am - 9:40am<br><b>Mon - Fri</b>                | <b>XTREME K.O. FITNESS</b><br>(Stretching, Cardio, Core Workout, Technical Boxing, Circuit Training, Calisthenics, Plyometrics)<br>(Coach Joey) |                               |                               |                               |                            | 9am -10am<br><b>Boot Camp</b><br><i>COMING SOON!</i>  |
| 9:45am - 10:45am<br><b>Mon - Fri</b>               | <b>BOX 1 FITNESS</b><br>(Coach Joey)  |                               |                               |                               |                            | 10am -1130am<br><b>CARDIO KICKBOXING</b><br><i>COMING SOON!</i>                                     |
| 11am - 4pm<br><b>Mon - Fri</b>                     | <b>MIXED TRAINING - OPEN GYM</b><br>(Coach Joey & Coach Steve)  |                               |                               |                               |                            | 12noon -4pm<br> |
| 4:30pm - 5pm<br>AGES 5 -7<br><b>Mon - Fri</b>      | <b>PEE-WEE TRAINING CLASSES</b><br>(Mixed Martial Arts or Boxing)<br><b>\$10 PER SESSION</b>  |                               |                               |                               |                            | Every "Hour on the Hour"<br><b>POLE FITNESS</b><br>(Diana)<br>&<br>(Doll Face)                      |
| 5pm - 6pm<br>AGES 6 - 13<br><b>Mon - Fri</b>       | <b>YOUTH BOXING</b><br>(Coach "Chill")  |                               |                               |                               |                            | Sunday<br><b>NOW OPEN!!!</b>  |
| 5pm - 6pm<br>AGES 6 - UP<br><b>Mon - Fri</b>       | <b>K.O.KRAV MAGA / SELF-DEFENSE TRAINING</b><br>(Ismael)  |                               |                               |                               |                            | <b>SUNDAY MADNESS</b>   |
| 5pm - 6pm<br>AGES 15 - UP<br><b>Tue &amp; Thur</b> | <b>STRENGTH &amp; CONDITIONING - CROSS TRAINING</b><br>(Coach Dan)  |                               |                               |                               |                            | <b>XTREME K.O. FITNESS</b><br><i>COMING SOON!</i>   |
| 6pm - 7pm<br>AGES 13 - UP<br><b>Mon - Fri</b>      | <b>BOX 1 FITNESS/TECHNICAL BOXING</b><br>(Coach "Chill")  |                               |                               |                               |                            | MAY ALL YOUR DAYS<br>BE FULFILLED WITH<br>GOD'S BLESSINGS!  |
| 6pm - 7pm<br><b>Mon - Fri</b>                      | <b>BOOTCAMP &amp; CONDITIONING TRAINING</b><br>(Ismael)   |                               |                               |                               |                            |   |
| 7pm - 8pm<br><b>Mon - Fri</b>                      | <b>CARDIO KICKBOXING</b><br>(Ismael)  |                               |                               |                               |                            |   |
| 7pm - 8pm<br><b>Mon - Wed</b>                      | <b>MMA/BJJ</b><br>(Coach Dan)   | <b>MMA/BJJ</b><br>(Coach Dan) | <b>MMA/BJJ</b><br>(Coach Dan) | <b>MMA/BJJ</b><br>(Coach Dan) | <b>MUAY THAI</b><br>(Carl) |   |
| 8pm - 9pm<br><b>Mon - Thur</b>                     | <b>MUAY THAI</b><br>(Carl)  | <b>MUAY THAI</b><br>(Frank)   | <b>MUAY THAI</b><br>(Carl)    | <b>MUAY THAI</b><br>(Frank)   | <b>Open Gym</b>            |   |
| 8pm - 9pm<br><b>Mon - Thur</b>                     | <b>BOXING 1 FITNESS &amp; CLUB KO BOXING TEAM</b><br>(Coach Chill)  |                               |                               |                               | <b>Open Gym</b>            |   |
| 9pm - 10pm<br><b>Mon - Fri</b>                     | <b>Open Gym</b>   |                               |                               |                               |                            |   |
| 10pm   | <b>CLOSED</b>   |                               |                               |                               |                            |   |