



Hours: Mon - Fri: 9am - 10pm

# CLUB KO

Sat - Sun: Occasionally Open

## CLASS SCHEDULE

8050 Pines Blvd. Pembroke Pines, Fl. 33024

[WWW.CLUBKNOCKOUT@LIVE.COM](http://WWW.CLUBKNOCKOUT@LIVE.COM) (954) 432-3939 Website: [WWW.CLUBKO.NET](http://WWW.CLUBKO.NET)

Time	Mon.	Tue.	Wed.	Thur.	Fri.
9am - 10am	OPEN GYM	OPEN GYM	OPEN GYM	OPEN GYM	OPEN GYM
10am - 11am	OPEN GYM	OPEN GYM	OPEN GYM	OPEN GYM	OPEN GYM
11am - 4pm	<b>OPEN GYM TIME &amp; P.T. TIME</b>				
4pm - 5pm	<b>CLOSED!!!</b> (* MID AFTERNOON BREAK *)				
5pm	<b>GYM RE-OPENS</b>				
6pm - 7pm (Ages 5 - 12)	Youth Boxing with Coach Milton	Youth Boxing with Coach Milton	Youth Boxing with Coach Milton	Youth Boxing with Coach Milton	OPEN GYM
6pm - 7pm	Boxing 4 Fitness with Coach Azea	Boxing 4 Fitness with Coach Azea	Boxing 4 Fitness with Coach Milton	Boxing 4 Fitness with Coach Azea	OPEN GYM
7pm - 8pm	Cardio Kickboxing with Coach Azea	Cardio Kickboxing with Coach Azea	Soul Fitness with Coach Gizmo	Cardio Kickboxing with Coach Azea	OPEN GYM
7pm - 10pm	Strictly Boxing with Coach Milton	Strictly Boxing with Coach Milton	Strictly Boxing with Coach Milton	Strictly Boxing with Coach Milton	OPEN GYM
7pm - 8pm (Ages 13 & Up)	Beginner Boxing with Coach Steve	Beginner Boxing with Coach Steve	Beginner Boxing with Coach Steve	Beginner Boxing with Coach Steve	OPEN GYM
8pm - 9pm	Amateur Boxing with Coach Steve	Amateur Boxing with Coach Steve	Amateur Boxing with Coach Steve	Amateur Boxing with Coach Steve	OPEN GYM
8pm - 930pm	MMA & MUAY-THAI with Coach Eric	MMA & MUAY-THAI with Coach Eric	MMA & MUAY-THAI with Coach Eric	MMA & MUAY-THAI with Coach Eric	OPEN GYM

9pm - 10pm	<b>OPEN GYM TIME &amp; P.T. TIME</b>
10pm	<b>CLOSED!!!</b>
SAT 10:30pm -1200n	<b>- Soul Fitness -</b>  <b>with Coach Gizmo</b>
SUNDAY	<b>“SUNDAYS: <u>Go to Church Day!</u>”</b> <b>Occasionally Open - But Please Call Us First before arriving...</b>