



CLUB KO



954-432-3939

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

Operating Hrs: Mon - Fri: 8:00am - 10pm Saturday: 9am - 4pm Sunday: **Call for Times!!!**

Hours	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
8:30am - 9:30am Mon - Fri	<i>XTREME K.O. FITNESS</i> (Stretching/ Cardio /Core Workout /Technical Boxing /Circuit Training/Calisthenics /Plyometrics) (Coach Steve)					10am -11am <i>XTREME K.O. CIRCUIT TRAINING Boot Camp</i> COMING SOON!
9:30am - 10:30am Mon - Fri	<i>BOXING -1- FITNESS</i> (Coach Steve)					10am -1130am <i>CARDIO KICKBOXING</i> COMING SOON!
11am - 4pm Mon - Fri	<i>OPEN GYM</i>					12noon -4pm 
4:30pm - 5pm AGES 5 -7 Mon - Fri	<i>PEE-WEE TRAINING CLASSES</i> (Mixed Martial Arts or Boxing) \$10 PER SESSION (must pre-pay)					Every "Hour on the Hour" POLE FITNESS (Diana) & (Doll Face)
5pm - 6pm AGES 6 - 13 Mon - Fri	<i>YOUTH BOXING</i> (Coach "Chill")					Sundays NOW OPEN!!! CALL FOR HOURS!
6pm - 7pm AGES 13 - UP Mon - Fri	<i>BOX 1 FITNESS & TECHNICAL BOXING</i> (Coach "Chill")					MAY ALL YOUR DAYS BE FULFILLED WITH GOD'S BLESSINGS!
6pm - 7pm Mon - Fri	<i>MMA FOR TEENS & ADULTS & SELF-DEFENSE TRAINING</i> (Ismael)					
7pm - 8pm Mon, Tue, Thur	<i>NEW!!!</i> Quick Weight Loss Program: <i>XTREME K.O. CIRCUIT TRAINING</i> (Cardio - Core Workout - Circuit Training - Boot Camp - Calisthenics - Ply Metrics) (Vanessa)					
7pm - 8pm Mon - Fri	<i>CARDIO KICKBOXING</i> (Ismael)					
7pm - 8pm AGES 15 - UP Tue & Thur	<i>STRENGTH & CONDITIONING TRAINING</i> (Coach Dan)					
7pm - 8pm Mon - Thur	<i>MMA/BJJ</i> (Coach Dan)	<i>MMA/BJJ</i> (Coach Dan)	<i>MMA/BJJ</i> (Coach Dan)	<i>MMA/BJJ</i> (Coach Dan)	<i>MUAY THAI</i> (Carl)	
8pm - 9pm Mon - Thur	<i>MUAY THAI</i> (Carl)	<i>MUAY THAI</i> (Carl)	<i>MUAY THAI</i> (Carl)	<i>MUAY THAI</i> (Carl)	<i>Open Gym</i>	
8pm - 9pm Mon - Thur	<i>BOXING 1 FITNESS & CLUB KO BOXING TEAM</i> (Coach Chill)				<i>Open Gym</i>	
9pm - 10pm Mon - Fri	<i>Open Gym</i>					
10pm	<i>CLOSED</i>					

*Schedule is subject to change at any time without prior notice...