



**Hours:** Mon - Fri: 9am - 10pm

# CLUB KO

Sat - Sun: Occasionally Open

## CLASS SCHEDULE

8050 Pines Blvd. Pembroke Pines, Fl. 33024

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

Time	Mon.	Tue.	Wed.	Thur.	Fri.
9am - 10am	Advanz KO Fitnez with Coach King	Advanz KO Fitnez with Coach King	Advanz KO Fitnez with Coach King	Advanz KO Fitnez with Coach King	Advanz KO Fitnez with Coach King
10am - 11am	P.T. Fitnez Training with Coach King	P.T. Fitnez Training with Coach King	P.T. Fitnez Training with Coach King	P.T. Fitnez Training with Coach King	P.T. Fitnez Training with Coach King
11am - 4pm	<b>OPEN GYM USE &amp; P.T. TIME</b>				
4pm - 5pm	<b>"CLOSED"</b> (MID AFTERNOON RECESS)				
5pm	<b>"GYM RE-OPENS"</b>				
5pm - 6pm (Ages 5 - 12)	Anti-Bullying Youth Boxing with Coach Rumi	Anti-Bullying Youth Boxing with Coach Rumi	Anti-Bullying Youth Boxing with Coach Rumi	Anti-Bullying Youth Boxing with Coach Rumi	Anti-Bullying Youth Boxing with Coach Rumi
530pm - 630pm (Ages 6 - 15)	Youth M.M.A. with Coach Ronny	<b>OPEN GYM</b>	Youth M.M.A. with Coach Ronny	<b>OPEN GYM</b>	Youth M.M.A. with Coach Ronny
6pm - 7pm (Ages 5 - 12)	Youth Boxing with Coach Steve	Youth Boxing with Coach Steve	Youth Boxing with Coach Steve	Youth Boxing with Coach Steve	Youth Boxing with Coach Steve
6pm - 7pm	Boxing 4 Fitness with Coach Rumi	Boxing 4 Fitness with Coach Rumi	Boxing 4 Fitness with Coach Rumi	Boxing 4 Fitness with Coach Rumi	Boxing 4 Fitness with Coach Rumi
630pm - 745pm	M.M.A. PRO with Coach Ronny	<b>NO CLASS</b>	M.M.A. PRO with Coach Ronny	<b>NO CLASS</b>	M.M.A. PRO with Coach Ronny
7pm - 8pm	Cardio Kickboxing with Coach Rumi	Cardio Kickboxing with Coach Rumi	Cardio Kickboxing with Coach Rumi	Cardio Kickboxing with Coach Rumi	Cardio Kickboxing with Coach Rumi
7pm - 8pm (Ages 13 & Up)	Beginner Boxing Teens / Adults with Coach Steve	Beginner Boxing Teens / Adults with Coach Steve	Beginner Boxing Teens / Adults with Coach Steve	Beginner Boxing Teens / Adults with Coach Steve	Beginner Boxing Teens / Adults with Coach Steve
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	<b>OPEN GYM</b>
7pm - 9pm <b>NEW</b>	Amateur / Pro Competitive Boxing with Coach Steve	Amateur / Pro Competitive Boxing with Coach Steve	Amateur / Pro Competitive Boxing with Coach Steve	Amateur / Pro Competitive Boxing with Coach Steve	Amateur / Pro Competitive Boxing with Coach Steve
9pm - 10pm	<b>OPEN GYM USE &amp; P.T. TIME</b>				
10pm	<b>CLOSED!!!</b>				
<b>SAT &amp; SUN</b>	<b>"SUNDAYS: Go to Church Day!"</b>				

**Occasionally Open - But Please Call Us First before showing up...**