

K.O. BOXING PROGRAMS

INTRO TO THE K.O. BOXING TRAINING PROGRAM

Mondays and Wednesdays 6:30pm – 7:30pm (See brochure)

4 week introductory program. \$58 May be repeated at \$48

K.O. BOXING TRAINING PROGRAM

Monday thru Thursday 7:30pm – 8:30pm (See brochure)

All boxers. \$38 a month for 1x week, \$48 2x week, \$58 3x week, \$68 4x week

K.O. FIGHTERS SCHEDULE (MUST BE USA REGISTERED)

Mondays & Wednesdays 5:30pm-630pm

Roadwork (abs, upper & lower body workouts, jump rope, etc.)

Mondays & Wednesdays 6:30pm-730pm

Boxing Training (Speed, Power, Agility, Heavy Bag, Reflex training, etc.)

Mondays & Wednesdays 730pm-830pm

Sparring (Head Gear & Mouth Pieces Required)

Tuesdays 5:30pm

Run (Hit the road)

Tuesdays 6:30pm

Roadwork (abs, upper & lower body workouts, jump rope, etc.)

Tuesdays 7:30pm

Sparring & Mitt Drills (Head Gear & Mouth Pieces Required)

Thursdays Anytime

Run (Hit the road) Practice your technique and fix your bad habits.

Friday 5:30pm

Roadwork (abs, upper & lower body workouts, jump rope, etc.)

Friday 6:30pm

Sparring (Head Gear & Mouth Pieces Required)

(FOR MORE INFORMATION ON HOW TO JOIN THE TEAM, CONTACT LORISSA)

ADULT FITNESS CLASSES (includes weight training and much more)

Mondays thru Friday 5:30pm – 6:30pm *Various types of classes* (See brochure)

1x week = \$28 month, 2x week = \$38 month, Unlimited \$48 month

YOUTH BOXING

YOUTH INTRO TO THE K.O. BOXING TRAINING PROGRAM

Tuesdays and Thursdays 4:00pm – 4:45pm (See brochure)

4 week introductory program. \$58 May be repeated at \$48

K.O. FITNESS PROGRAMS

ADULT FITNESS CLASSES (includes boxing)

Mondays thru Friday 5:30pm – 6:30pm *Various types of classes* (See brochure)

1x week = \$28 month, 2x week = \$38 month, Unlimited \$48 month

PERSONAL TRAINING

Mondays thru Saturday (By appointment only, contact Lorissa)

K.O. KIDS PROGRAMS

DANCENASTICS (Dance and Gymnastics)

Mondays thru Friday 4:00pm – 5:00pm (See brochure)

\$38 month, \$8 discount for second child in family

HIP HOP FITNESS (Hip Hop Dance and Fitness)

Thursdays 4:00pm – 5:00pm (See brochure)

\$38 month, \$8 discount for second child in family

CREATIVE CARE FOR TOTS (Sports, Dance, Gymnastics, and more)

Upcoming Program, Call to get your name on the list. (See brochure)

BIRTHDAY PARTIES

Saturdays and Sundays by appointment and reservation. Contact Lorissa.

\$75 for one hour of instruction in fitness room (10 kids). \$5 for each additional child.

\$15 for half hour party room rental for cake and presents, etc.\$30 for an hour.

Contact Lorissa for more information.

PERSONAL TRAINING

Mondays thru Saturday (By appointment only, contact Lorissa)

TAKE A BROCHURE.

CONTACT LORISSA AT 341-1708

***K.O. BOXING...GYMANSTICS, DANCE
& FITNESS***