

Gym Hours:
 Monday - Thursday
 5:00 AM - 10:00 PM
 Friday 9:00 AM - 9:00 PM
 Sat. 8:00 AM - 4:00 PM
 Sun. 10:00 AM - 2:00 PM



OC Kickboxing & Mixed Martial Arts
 18241 McDermott Ave. Suite B
 Irvine, CA 92614
 949.833.8338
 www.ockickboxing.com

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
ROOM 1	6:45-7:30 AM YOGA	6:45-7:30 AM YOGA	6:45-7:30 AM YOGA	6:45-7:30 AM YOGA		11:00 -12:00 PM Muay Thai (INT/ADV)	
	10:00-11:00 AM Muay Thai (INT)	10:00-11:00 AM Muay Thai (INT)	10:00-11:00 AM Muay Thai (INT)	10:00-11:00 AM Muay Thai (INT)		12:00-1:00 PM Jeet Kune Do	
	6:00-7:00 PM Muay Thai (INT/ADV)	6:00-7:00 PM Combat Ready	6:00-7:00 PM Muay Thai (INT/ADV)	6:00-7:00 PM Combat Ready	6:30-7:30 PM Muay Thai (INT)	1:00-2:00 PM Filipino Martial Arts	
	7:00-8:00 PM Jeet Kune Do	7:00-8:00 PM Muay Thai (INT/ADV)	7:00-8:00 PM Jeet Kune Do	7:00-8:00 PM Muay Thai (INT/ADV)			
		7:00-8:00 Sparring Club		7:00-8:00 Sparring Club			
	8:00-9:00 PM Filipino Martial Arts	8:00-9:00 PM Filipino Martial Arts	8:00-9:00 PM Filipino Martial Arts	8:00-9:00 PM Filipino Martial Arts			
		12:00-1:00 PM No Gi Jiu-Jitsu		12:00-1:00 PM No Gi Jiu-Jitsu		11:00 -12:00 PM No Gi Jiu-Jitsu	
		6:00-7:00 PM MMA		6:00-7:00 PM MMA		12:00-1:30 PM Brazilian Jiu-Jitsu	
ROOM 3	7:00-8:00 PM Combat Ready	7:00-8:30 PM Brazilian Jiu-Jitsu	7:00-8:00 PM Combat Ready	7:00-8:30 PM Brazilian Jiu-Jitsu			
	8:00-9:30 PM Brazilian Jiu-Jitsu	8:30-9:30 PM No Gi Jiu-Jitsu	8:00-9:30 PM Brazilian Jiu-Jitsu	8:30-9:30 PM No Gi Jiu-Jitsu			

Martial Arts Schedule