

Gym Hours:  
 Mon. - Thurs.  
 6:00 AM - 1:00 PM, 3:00 PM - 10:00 PM  
 Fri. 12:00 PM - 1:00 PM, 4:00 PM - 7:00 PM  
 Sat. 8:00 AM - 3:00 PM  
 Sun. 10:00 AM - 2:00 PM



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

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRI	SATURDAY	SUN
ROOM 3	3:45-4:30 PM Jiu Jitsu Kids	4:00-4:45 PM Jiu Jitsu Kids	3:45-4:30 PM Jiu Jitsu Kids	4:00-4:45 PM Jiu Jitsu Kids		9:00-9:45 AM Jiu Jitsu Kids	
	4:30-5:15 PM MMA Kids SWAT	4:45-5:30 PM MMA Kids SWAT	4:30-5:15 PM MMA Kids SWAT	4:45-5:30 PM MMA Kids SWAT		9:45-10:30 AM MMA Kids SWAT	
	5:15-6:00 PM MMA Kids	5:30-6:00 PM MMA Kids Elite	5:15-6:00 PM MMA Kids	5:30-6:00 PM MMA Kids Elite		10:30-11:00 AM MMA PeeWees SWAT	
ROOM 1	4:00-4:30 PM MMA PeeWees SWAT	4:15-4:45 PM MMA PeeWees	4:00-4:30 PM MMA PeeWees SWAT	4:15-4:45 PM MMA PeeWees			
		4:45-5:15 PM MMA PeeWees SWAT		4:45-5:15 PM MMA PeeWees SWAT			
		5:15-6:00 PM MMA Kids		5:15-6:00 PM MMA Kids			

Kids Martial Arts Schedule