

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	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		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)			
		8:00 - 9:00 PM Sparring Club		8:00 - 9:00 PM Sparring Club			
ROOM 3	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			
	6:00-7:00 PM MMA	6:00-7:00 PM MMA	6:00-7:00 PM YOGA	6:00-7:00 PM MMA		11:00 -12:00 PM No Gi Jiu-Jitsu	
	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		12:00-1:30 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



ROOM 2

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
	6:00-6:45 AM Combat Conditioning	6:00-6:45 AM Combat Conditioning	6:00-6:45 AM Combat Conditioning	6:00-6:45 AM Combat Conditioning		7:00-7:45 AM Combat Conditioning	
	8:00-8:45 AM Kickboxing	8:00-8:45 AM Intro Kickboxing	8:00-8:45 AM Kickboxing	8:00-8:45 AM Intro Kickboxing		8:00-8:45 AM Kickboxing	
	9:00-9:45 AM Intermediate Kickboxing		9:00-9:45 AM Intermediate Kickboxing			8:45-9:30 AM Kickboxing	10:15-11:00 AM Kickboxing
	12:10-12:50 PM Kickboxing	12:10-12:50 PM Kickboxing	12:10-12:50 PM Kickboxing	12:10-12:50 PM Kickboxing	12:10-12:50 PM Kickboxing	11:15 -12:00 PM Intro Kickboxing	11:15 -12:00 PM Intro Kickboxing
		3:45-4:30 PM Intro Kickboxing		3:45-4:30 PM Intro Kickboxing			
	4:30-5:15 PM Kickboxing	4:30-5:15 PM Kickboxing	4:30-5:15 PM Kickboxing	4:30-5:15 PM Kickboxing	4:45-5:30 PM Kickboxing		
	5:15-6:00 PM Intro Kickboxing	5:15-6:00 PM Kickboxing	5:15-6:00 PM Intro Kickboxing	5:15-6:00 PM Kickboxing	5:30-6:15 PM Intro Kickboxing		
	6:00-6:45 PM Kickboxing	6:00-6:45 PM Intro Kickboxing	6:00-6:45 PM Kickboxing	6:00-6:45 PM Intro Kickboxing			
	6:45-7:30 PM Kickboxing		6:45-7:30 PM Kickboxing				
	7:30-8:15 PM Intro Kickboxing		7:30-8:15 PM Intro Kickboxing				
	8:15-9:00 PM Kickboxing		8:15-9:00 PM Kickboxing				

Combat Conditioning Schedule