

5350 W. Bell Road Suite
Suite B-102
Glendale, AZ 85308
623-688-7710



Monday thru Thursday:
6:00am to 9:00pm
Saturday:
9:00am to 2:00pm

Friday:
6:00am to 8:00pm
Sunday:
9:00am to 2:00pm

	Monday	Tuesday	Wednesday	Thursday	Friday
6:15 AM	Kickboxing	Boxing	Kickboxing	Boxing	Kickboxing
9:00 AM	Boxing	Kickboxing	Boxing	Kickboxing	Boxing
12:00 PM	Kickboxing	Boxing	Kickboxing	Boxing	Kickboxing
4:00 PM	Boxing	Kickboxing	Boxing	Kickboxing	Boxing
5:15 PM	Kickboxing	Boxing	Kickboxing	Boxing	Kickboxing
5:15 PM	Kids Technique	Kids Technique	Kids Technique	Kids Technique	Open Mat
6:30 PM	Adult Technique	Adult Technique	Adult Technique	Adult Technique	Open Mat
6:30 PM	Boxing	Kickboxing	Boxing	Kickboxing	Boxing
7:45 PM	Kickboxing	Boxing	Kickboxing	Boxing	Open Mat
7:45 PM	Advanced Technique	Advanced Technique	Advanced Technique	Advanced Technique	

	Saturday	Sunday
9:30 AM	Kickboxing	Boxing
11:00 AM	Open Mat	Open Mat
11:30 AM	Open Mat	Open Mat
12:00 PM	Boxing	Kickboxing

For more information please visit our website at:
www.knockout-fitness.com