

16838 N. 7th Street,
Suite 5
Phoenix, AZ 85022
602-818-8078



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	Boxing	Kickboxing	Boxing	Kickboxing	Boxing
9:00 AM	Kickboxing	Boxing	Kickboxing	Boxing	Kickboxing
12:00 PM	Boxing	Kickboxing	Boxing	Kickboxing	Boxing
4:00 PM	Kickboxing	Boxing	Kickboxing	Boxing	Kickboxing
5:15 PM	Boxing	Kickboxing	Boxing	Kickboxing	Boxing
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	Kickboxing	Boxing	Kickboxing	Boxing	Kickboxing
7:45 PM	Advanced Technique	Advanced Technique	Advanced Technique	Advanced Technique	Open Mat
7:45 PM	Boxing	Kickboxing	Boxing	Kickboxing	

	Saturday	Sunday
9:30 AM	Boxing	Kickboxing
10:30 AM	Open Mat	Open Mat
11:00 AM	Open Mat	Open Mat
11:30 AM	Open Mat	Open Mat
12:00 PM	Kickboxing	Boxing

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