

Tempe  
3217 S Mill Ave TEMPE 85282 suite B17  
Suite B17  
Phoenix, AZ 85282  
(480) 679-8217



Monday thru Thursday: Friday:  
6:00am to 9:00pm 6:00am to 8:00pm  
Saturday: Sunday:  
9:00am to 2:00pm 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	<b>Kids Technique</b>	<b>Kids Technique</b>	<b>Kids Technique</b>	<b>Kids Technique</b>	Open Mat
6:30 PM	<b>Adult Technique</b>	<b>Adult Technique</b>	<b>Adult Technique</b>	<b>Adult Technique</b>	Open Mat
6:30 PM	Kickboxing	Boxing	Kickboxing	Boxing	Kickboxing
7:45 PM	<b>Advanced Technique</b>	<b>Advanced Technique</b>	<b>Advanced Technique</b>	<b>Advanced Technique</b>	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](http://www.knockout-fitness.com)**