

# Undisputed Boxing Class Schedule

\* = Dethrone Black Room

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
5:30-7a Kickboxing Conditioning Jenna	5:30-7a Boxing Conditioning Mike B.	5:30-7a Pro Training/Kickboxing Brian	5:30-7a Boxing Conditioning Mike B.	5:30-7a Triple Threat UBG Team	7:00-8:30a Adv. Core Cond. Mike B.	9-10a Kickboxing Brian/Jenna
7-8a Boot Camp Charles		7-8a Boot Camp Charles		7-8a Boot Camp Charles	9-10:30a Boxing Cond. Mike B.	
9:30-10:30a Kickboxing Brian	9:30-10:30a Kickboxing Conditioning Sarah	9:30-10:30a Kickboxing Brian	9:30-10:30a Kickboxing Conditioning Stephanie	9:30-10:30a Double Trouble UBG Team	10:30-11:30a Kickboxing Stephanie/Brian	11:15-12:30p* Adult Capoeira Itabora
12-1p Boxing Bruno	12-1p Boxing Bruno	12-1p Boxing Bruno	12-1p Kickboxing Jenna	12-1p Kickboxing Stephanie	11am-1:30p* Brazilian JiuJitsu Itabora	
12-1p* Brazilian JiuJitsu Itabora		12-1p* Brazilian JiuJitsu Itabora		12-1p* Gracie Fundamentals Itabora		
4-5p* Kids Capoeira Itabora		4-5p* Kids Capoeira Itabora				
4:30-5:30p Youth Boxing David	4:30-5:30p Cardio Butts & Guts Jessica	4:30-5:30p Youth Boxing David	4:30-5:30p Cardio Butts & Guts Jessica	4:30-5:30p Youth Boxing David		
	5:30-6:30p* Cardio Kickboxing Charles		5:30-6:30p* Cardio Kickboxing Charles			
5:30-6:30p Kickboxing Brian	5:30-6:30p Boxing Fabian	5:30-6:30p Kickboxing Brian	5:30-6:30p Boxing Fabian	5:30-6:30p Boot Camp Bruno		
6:00-7:00p* Brazilian JiuJitsu Itabora	6:30-7:30p* Thai Kickboxing Germaine	6:00-7:00p* Adult Capoeira Itabora	6:30-7:30p* Thai Kickboxing Germaine	6:00-7:00p* Gracie Fundamentals Itabora		
6:45-8p Boxing Cond. Mike B.	7-8p Kickboxing Jenna	6:45-8p Boxing Cond Mike B.	7-8p Kickboxing Brian			
7:15-8:45p* Adult Capoeira Itabora	7:30-8:30p* MMA Tim	7:15-8:45p* Brazilian JiuJitsu Itabora	7:30-8:30p* MMA Tim	7:00-8:00p* Adult Capoeira Itabora		
8-9p Boot Camp David "T"		8-9p Boot Camp David "T"				

## Golden State TKD Schedule

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
5-6a Adult Open Montgomery	6-7a Adult Open Montgomery	5-6a Adult Open Montgomery	6-7a Adult Open Montgomery	5-6a Adult Open Montgomery		
	8-9:30a Adult Open Training Pedersen		8-9:30a Adult Open Training Pedersen		9:30-11:00a Adult Open Pedersen	10-11a Forms Lipinski
					11-12p Juniors Stewart	
4:30-5:30p Juniors Pedersen	4:30-5:30p Junior Beginners Jensen/Pedersen	4:30-5:30p Juniors Jensen	4:30-5:30p Junior Beginners Stewart/Jensen	4:30-5:30p Juniors Jensen		
5:30-6:30p Adult Sparring Pedersen	5:30-6:30p Adult Open Spreng	5:30-6:30p Adult Open Morton	5:30-6:30p Brown and Black Jensen/Lipinski	5:30-6:30p Junior Beginners Jensen		
6:30-7:30p Juniors Jensen	6:30-7:30p Juniors Lee	6:30-7:30p Juniors Jensen	6:30-7:30p Juniors Bhattacharya			
7:30-8:30p Adult Open Keck	7:30-8:30p Adult Open Jandu/Jensen	7:30-8:30p Adult Open Jensen	7:30-8:30p Adult Open Wang/Jensen			