

Undisputed Boxing Class Schedule-2010

* = 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	7a-9:30a Open Gym	7-8a Boot Camp Charles	7a-9:30a Open Gym	7-8a Boot Camp Charles	9-10:30a Boxing Cond. Mike B.	10-11a Basic Technique 1st Sun. of Every Month
9:30-10:30a Kickboxing Brian	9:30-10:30a Kickboxing Conditioning Sarah	9a-9:30a Cardio Training UBG Staff	9:30-10:30a Kickboxing Conditioning Stephanie	9:00-10:30a Triple Threat UBG Team	10:30-11:30a Kickboxing Stephanie/Brian	
10:30a-12p Open Gym	10:30a-12p Open Gym	9:30-10:30a Kickboxing Brian	10:30a-12p Open Gym	11a-12p Open Gym	11am-1p* Brazilian JiuJitsu Itabora	
12-1p Boxing Bruno	12-1p Kickboxing Jenna	12-1p Kickboxing Conditioning Sarah	12-1p Boxing Mike B.	12-1p Kickboxing Stephanie		
	12-1p* Brazilian JiuJitsu (Gi) Itabora		12-1p* Brazilian JiuJitsu (Gi) Itabora	12-1p* Power Yoga Julia		
		4:30-5:30p* Women's Self Defense Deb				
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* Basic Technique Deb				
5:30-6:30p Kickboxing Brian	5:30-6:30p Cardio Kickboxing Charles	5:30-6:30p Kickboxing Brian	5:30-6:30p Cardio Kickboxing Charles	5:30-6:30p Boot Camp T		
6:30-8p Boxing Cond. Mike B.	6:30-8:00p* MMA Dave	6:30-8p Boxing Cond Mike B.	6:30-8:00p* MMA Dave			
7:15-8:45p* Brazilian JiuJitsu (No Gi) Itabora	7-8p Kickboxing Brian/Sarah	7:15-8:45p* Brazilian JiuJitsu (No Gi) Itabora	7-8p Kickboxing Brian			
8-9p Boot Camp T	8-9p Boot Camp T	8-9p Boot Camp T	8-9p Boot Camp T			

**Golden State TKD
Schedule - 2010**

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 Open Pedersen	5:30-6:30p Adult Open Kerno	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 Junior Beginners Jensen	6:30-7:30p Juniors Lee	6:30-7:30p Junior Beginners Jensen	6:30-7:30p Juniors Jr. Black Belts			
7:30-8:30p Adult Open Kohara	7:30-8:30p Adult Open Jandu/Jensen	7:30-8:30p Adult Open Jensen	7:30-8:30p Adult Open Wang/Jensen			

Undisputed Boxing Gym

883 E. San Carlos Ave
San Carlos, CA

www.undisputedboxinggym.com

650-631-3781