

LOCATION

505 Main Street
El Segundo, Ca 90245
310 335-1456



GYM HOURS

Mon-Thur 5am – 9pm Fri 5am -8pm
Sat 6am – 5pm Sun 8am -5pm

CLASS DESCRIPTIONS

KO Conditioning Camp: This Knockout class is incorporating a full circuit station workout of all the best elements. Various stations from core work, light weight resistance, cardio and more!. Working in great strength drills with exhilarating music, rounding it all up for a great, enjoyable and challenging class.

New classes!!!!

JIU-JITSU * With 4 time black belt and SEKAI Martial Arts founder Eric Gable

KO Power Team - *The new Kickboxing/conditioning, kettle bell, core program, sign up soon space is limited!!

Defend/Condition *New defense tactics/cardio, kickboxing conditioning. Sign up soon!

Knockout Momentum: Fun, exciting, and always different, burns a high level of calories in one hour. Focusing on upper and lower body bag drills, you will develop real boxing and kickboxing skills while acquiring a lean and fit body! This class allows you to evolve at a safe yet challenging pace.

KO 101: This fun unique class combines all the basics of boxing and kickboxing, utilizing bag work and *focus mitts. Incorporating specific strength, cardio and core training, while building endurance and burning fat. This class allows all levels of skill to use their differences to empower each other pushing forward continually while achieving your fitness goals

Go Girl Go: GIII

The most innovating and exciting Boxing & Fitness program for women in any recent times. This customized 10 week program for women, as featured on the "Today Show" A unique combination of nutritional, emotional, and physical support allows G3 to have accountability and support.

"Mission Statement"

Our mission is to provide our members with an immediate feeling of positive energy & inspiration through our unique concept, technique, & delivery of the KO experience"

Full Function: Focus on strengthening of the muscles, increasing flexibility using self body weight with various martial art forms. Using proper striking and kicking technique while achieving a great cardio workout. This class is non-contact so no gloves or wraps are needed, however a towel will help.

Yoga: All levels are welcome. Geared towards moving the student thru the poses dynamically with breath. Offering detailed instruction building strength and flexibility throughout the whole body. As well developing clarity to the mind. Bring your mat and get your towel that KO provides for you.

KO Sparring: This very exciting class is designed to teach you the basics of boxing with proper form & technique. Three minute rounds, speed bag, heavy bags, jump rope, and one on one with instructor drills preparing you for future sparring.

***Please make sure you have checked with your doctor To ensure you are able to enjoy these workouts**
***Please bring a towel and water to enjoy the class**
***We recommend you pick up your own pair of gloves, Wraps, gear at the KO Store**

www.KO101.com