

SUMMER '09 CLASS SCHEDULE

Class Times	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
6AM	**MMA Boot Camp Sonny	KO Momentum Colleen	**MMA Boot Camp Sonny	KO Momentum Colleen	**MMA Boot Camp Sonny	
8AM		Core Circuit CJ		Core Circuit CJ	Yoga Chelise	
9AM		KO 101 James Cross		KO 101 James Cross		KO Momentum Boot camp 9-10:30am Joe
						MMA Boot Camp Sonny 10:30-11:30
5PM	KO Momentum Sean	Full Function Sean	KO Momentum Sean	Full Function Sean	KO Momentum Sean	
6PM	KO 101 Joe	KO 101 Joe	KO 101 Ashley	KO 101 Joe		
7PM	**G III	Yoga Chelise	**G III			
8PM		**JIU-JITSU ERIC		**JIU-JITSU ERIC		

GO GIRL GO Starts in August!
10 week program
Kickboxing-Conditioning-Fat Loss-
Toning-Nutrition-Personal Training

Get signed up now! You don't want to miss this chance. Payment options available!



MMA Boot Camp with Sonny Michaels
 6 week program. Running Now! Jump in at any time \$349 OR New monthly payment options! Mon, Wed, and Fri 6am-7am also evening classes for the summer! Muay Thai, BJJ, Striking, Submission, Ground'N Pound, Cross Fit Training and conditioning

HOURS

Monday-Thursday 5am-9pm
Friday 5am-8pm
Saturday 6am-5pm
Sunday 8am-2pm

WWW.KO101.COM 310-335-1456

Classes with a ** next to it are at a nominal fee. Please be sure to ask staff about program descriptions and costs.