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Gym Hours:

MW: 6:30 am - 9 pm
 TTH: 6:00 am - 9 pm
 F: 6:30 am - 8:30 pm
 Sat: 8:00 am - 3 pm

Class Schedule						
	M	T	W	Th	F	Sa
6 am		Strength & Conditioning All Levels		Strength & Conditioning All Levels		
7 am	Kickboxing (Muay Thai) All Levels	Boxing All Levels	Kickboxing (Muay Thai) All Levels	Boxing All Levels	Kickboxing (Muay Thai) All Levels	
7 am		Jiu-Jitsu (BJJ) All Levels		Jiu-Jitsu (BJJ) All Levels		
8:00 am	Open Gym until 12 pm	Open Gym until 12 pm	Open Gym until 12 pm	Open Gym until 12 pm	Open Gym until 12 pm	Strength & Conditioning All Levels
8:30 - 9:45 am		Yoga*		Yoga*		
9:15 - 10:30 am						Yoga
10:45 am						Youth Muay Thai
11 - 12:15 pm						No Gi Jiu-Jitsu (BJJ) All Levels
12 pm	Kickboxing (Muay Thai) All Levels	Boxing All Levels	Kickboxing (Muay Thai) All Levels	Boxing All Levels	Kickboxing (Muay Thai) All Levels	Kickboxing (Muay Thai) All Levels
12:15 - 1:15 pm						MMA Advanced
1 pm	Open Gym until 4 pm	Open Gym until 4pm	Open Gym until 4pm	Open Gym until 4pm	Open Gym until 4pm	Boxing All Levels
4 - 5:30 pm	Fight Training	Fight Training	Fight Training	Fight Training		
4:15 pm	Youth Jiu Jitsu	Youth Muay Thai	Youth Jiu Jitsu	Youth Muay Thai	Youth Jiu Jitsu	
4:30 pm	Strength & Conditioning All Levels		Strength & Conditioning All Levels		Strength & Conditioning All Levels	
5:30 pm	Kickboxing (Muay Thai) All Levels	Boxing All Levels	Kickboxing (Muay Thai) All Levels	Boxing All Levels	Kickboxing (Muay Thai) All Levels	
6:30 pm	Boxing All Levels	Kickboxing (Muay Thai) All Levels	Boxing All Levels	Kickboxing (Muay Thai) All Levels	Boxing All Levels	
6:30 pm					No Gi Jiu-Jitsu (BJJ) ALL Levels	
7:30 pm	Boxing Sparring Advanced	Muay Thai Sparring Advanced	Boxing Sparring Advanced	Muay Thai Sparring Advanced		
7:30 - 9 pm	Jiu-Jitsu (BJJ) ALL Levels	Jiu-Jitsu (BJJ) ALL Levels	No Gi Jiu-Jitsu (BJJ) ALL Levels	Jiu-Jitsu (BJJ) ALL Levels		

* TTH Yoga runs concurrent with Open Gym. No open Gym Sat Yoga
 All classes are 1 hr in length except BJJ, Fight Training, Yoga. See Class Descriptions on back.

Muay Thai Kickboxing & Boxing - All Levels

We provide one-on-one training for first-time participants focusing on the basics. Warm-up includes jumping rope and stretching. The warm-up is followed by drills or shadow boxing without a partner, using combinations (e.g. strike-block-kick, or jab-cross-hook) demonstrated by the instructor. The class is then broken down into pairs or small groups, separated by experience level. Each partner takes their turn performing the combination while the instructors provide feedback. These drills are done in timed rounds and include the use of pads, heavy bags, focus mitts, and kick pads. Drills are geared toward technique while others are geared toward cardio and endurance. Training is done without injury to participants or their partners through the use of proper equipment and protective gear. The class is 1 hour in length.

Mixed Martial Arts (MMA) / Brazilian Jiu-Jitsu (BJJ) - All Levels

We will provide instruction on ground fighting which includes submissions, positions, ground striking, takedowns, and defense techniques against takedowns. The 1.5 hour class begins with warm-up which includes calisthenics and Jiu-Jitsu drills. After warm-up you will pair up with a partner and practice the technique of the day. The last portion of the class is spent on sparring, otherwise known as 'rolling,' which is submitting your opponent and practicing superior positions (e.g. mounting, passing someone's guard, takedowns). No gis on Tues and Sat.

Strength & Conditioning - All Levels

All workouts are scaled to accommodate beginners as well as seasoned athletes. The class starts with an active warm-up, incorporating dynamic stretching. Workouts consist of a wide range of functional exercises such as Olympic lifts; plyometric jumps; climbing, throwing, and pulling ropes; lifting tires; use of sledghammers, kettle bells, medicine balls, and barbells. This creates a high-intensity workout, maximizing your gains in a short amount of time, building core strength and stabilizing muscles. Workouts are measured by time and/or weights being used so there are tangible results to help you reach your goals. The style of the workouts will provide balance to training programs to improve overall fitness. This class is for people who are looking to become stronger, faster, and leaner or just an all around better athlete. The class is 1 hour in length.

Advanced Muay Thai Kickboxing/Boxing

This class is for those students who have built a strong foundation in the All Levels Classes and are ready to hone their Muay Thai/Boxing skills (about six months of consistent training). It is also geared toward people who already have experience under their belts. Endurance and strength-training is at a challenging level. Controlled sparring is covered so students must bring their own mouthpieces, 16 oz. gloves, and shin pads.

Fight Training

This class is for fighters with upcoming fights. Classes consist of a 2-hour training session starting with 15 minutes of jump rope or jogging, practicing ring strategies, sparring, and one-on-one pad work with the trainer. Training will be tailored toward the individual fighter and type of fight, e.g. Mixed Martial Arts (MMA) Fighter, Boxing, or Muay Thai Kickboxing.

Sparring

This class is for people who want to practice the skills that they learn in class in the ring. Protective gear is required and at least 6 months experience is required before participating in this class.

Youth Classes

Our program keeps the traditional elements of Martial Arts teaching such as values, self-discipline, and belt advancement, but brings it into today's cutting edge realm of Mixed Martial Arts, where kids learn practical tactics from Muay Thai Kickboxing, Boxing, and Brazilian Jiu-Jitsu. Our approach to teaching is fun and family-oriented, while instilling respect for peers and instructors. In addition to learning the various art forms, they learn self-defense and values and ethics, through drills, games and play. 'Belt' testing and advancement are offered.

Yoga

The style taught is Vinyasa Flow - a powerful, challenging style synching breath with movement. The class is customized to students' individual needs. Mats are optional. Props are used for correct alignment. The class is 1-hour and 15 min. Please note T&TH runs concurrent with Open Gym, while Sat there is no Open Gym during yoga class.