

Temporary Schedule due to Covid Restrictions



493 40th Street • Oakland, CA • 94609
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Gym Hours:

M-F	7 am - 1:30 pm 4:30 pm - 8:00 pm
Sa	11:30 am - 2:15 pm

Class Schedule

	M	T	W	Th	F	Sa
7 - 8 am	Kickboxing (Muay Thai) All Levels	Boxing All Levels	Kickboxing (Muay Thai) All Levels	Boxing All Levels	Kickboxing (Muay Thai) All Levels	
8:30 - 9:30 am	Open Gym	Open Gym	Open Gym	Open Gym	Open Gym	
9:30 - 10:30 am	Open Gym	Open Gym	Open Gym	Open Gym	Open Gym	
11:45 am 12:45 pm						Kickboxing (Muay Thai) All Levels
12 - 1 pm	Kickboxing (Muay Thai) All Levels	Boxing All Levels	Kickboxing (Muay Thai) All Levels	Boxing All Levels	Kickboxing (Muay Thai) All Levels	
1 -2 pm						Boxing All Levels
5 - 6 pm	Kickboxing (Muay Thai) All Levels	Boxing All Levels	Kickboxing (Muay Thai) All Levels	Boxing All Levels	Kickboxing (Muay Thai) All Levels	
6:30 - 7:30 pm	Boxing All Levels	Kickboxing (Muay Thai) All Levels	Boxing All Levels	Kickboxing (Muay Thai) All Levels	Boxing All Levels	

All classes are 1 hr in length except where indicated.
See Class Descriptions on back.

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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.

Open Gym

Participants may make reservation to use fitness equipment and Muay Thai/Boxing bags dedicated to one person per session.