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Gym Hours:

MWF: 6:30am - 9pm  
 TTH: 6:00am - 9pm  
 Sat: 9:30am - 3pm

Muay Thai Kickboxing • Boxing • MMA • Jiu Jitsu • Strength Conditioning • Yoga • Kids Classes • Private Lessons

CLASS SCHEDULE						
	M	T	W	Th	F	Sa
6 am		Strength & Cond All Levels		Strength & Cond All Levels		
7 am	Kickboxing All Levels	Boxing All Levels	Kickboxing All Levels	Boxing All Levels	Kickboxing All Levels	
8 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	
9:30 am						Yoga*
10:45 am						Kids Class
11 am			TRX Strength & Cond All Levels			Strength & Cond All Levels
12 pm	Kickboxing All Levels	Boxing All Levels	Kickboxing All Levels	Boxing All Levels	Kickboxing All Levels	Kickboxing All Levels
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	Kids Class		Kids Class			
4:30 pm	Strength & Cond All Levels		Strength & Cond All Levels			
5:30 pm	Kickboxing All Levels	Boxing All Levels	Kickboxing All Levels	Boxing All Levels	Kickboxing All Levels	
6:30 pm	Boxing All Levels	Kickboxing All Levels	Boxing All Levels	Kickboxing All Levels	Boxing All Levels	
7:30 pm	Boxing Advanced	Kickboxing Advanced	Boxing Advanced	Kickboxing Advanced		
7:30 pm	Sparring	Sparring	Sparring	Sparring	Sparring	
7:30 - 9 pm	MMA/Jiu - Jitsu ALL Levels	MMA/Jiu - Jitsu ALL Levels	MMA/Jiu - Jitsu ALL Levels	MMA/Jiu - Jitsu ALL Levels	MMA/Jiu - Jitsu OPEN MAT	

ALL CLASSES 1 HR IN LENGTH UNLESS INDICATED. \*NO OPEN GYM

### 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 instructor provides 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) / Jiu-Jitsu - 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).

### Strength & Conditioning - All Levels

All movements and workouts are scaled to accommodate beginners as well as seasoned athletes. The class format starts with an active warm-up, incorporating dynamic stretching, then moves on to an intense workout which consists of some basic strength movements followed with Olympic lifts and body weight exercises. The class is completed with core work. 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.

### Competitive 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.

### Yoga

The style taught is Vinyasa Flow - a powerful, challenging style synching breath with movement. This 1-hour class is for all levels. The class is customized to students' individual needs. Mats are optional. Props are used for correct alignment.