



493 40th Street • Oakland, CA • 94609
T: 510-444-5269

Gym Hours:

Mon - Fri
6:30 am - 8:30 am
11:00 am - 1:30 pm
4:00 pm - 9 pm* *(8:30 pm Fri)
Sat
8:30 am - 1:30 pm

Class Schedule						
	M	T	W	Th	F	Sa
7 - 8 am	Muay Thai All Levels	Strength & Conditioning All Levels	Muay Thai All Levels	Strength & Conditioning All Levels	Muay Thai All Levels	
9 - 10am						Boxing All Levels
10 am - 12pm						Jiu-Jitsu All Levels
11 am - 12pm						Youth Muay Thai
12 - 1pm	Muay Thai All Levels	Boxing All Levels	Muay Thai All Levels	Boxing All Levels	Muay Thai All Levels	Muay Thai All Levels
4:15 - 5:15pm		Youth Muay Thai		Youth Muay Thai		
5:30 - 6:30pm	Muay Thai All Levels	Boxing All Levels	Muay Thai All Levels	Boxing All Levels	Muay Thai All Levels	
6:30 - 7:30pm	Boxing All Levels	Muay Thai All Levels	Boxing All Levels	Muay Thai All Levels	Boxing All Levels	
7:30 - 8:30pm	Boxing Sparring Advanced	Muay Thai Sparring Advanced	Boxing Sparring Advanced	Muay Thai Sparring Advanced		
7:30 - 8:30pm	Jiu-Jitsu All Levels	Jiu-Jitsu All Levels	No Gi Jiu-Jitsu All Levels	No Gi Jiu-Jitsu All Levels		

Reservations not required if already a member. For Drop-Ins or Intro Lessons, reserve here:

<https://pacificringsports.sites.zenplanner.com/>



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.

Brazilian Jiu-Jitsu (BJJ) - All Levels

We 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 Wed, Fri and Sat.

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.

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.