

SELF DEFENSE

2009

FITNESS

Self Defense

Israeli Self Defense
Saturday 9-10 a.m.

MMA Conditioning

John Hackleman's CrossPIT
Monday 6:30-7:30 p.m.

Traditional Martial Arts

Kenpo Karate

Monday 7:30- 8:45 p.m.
Wednesday 7-8:15 p.m.
Friday 6:30-7:30 p.m.

Junior Kenpo Karate

(Ages 4-12)
Monday & Friday 4:30-5:15 p.m.

Pee Wee Kenpo

(Ages 4-8)
Monday 4- 4:30 p.m.

Sparring

Open Sparring - All styles welcome
Friday 7:30-8



CrossFitBrandX.com

CrossFit

Monday morning 6:30- 7 a.m.
Monday morning 9-9:30 a.m.
Monday evening 6- 6:30 p.m.
Tuesday morning 9- 9:30 a.m.
Tuesday evening 6:30- 7 p.m.
Wednesday morning 6:30-7 a.m.
Wednesday morning 9-9:30 a.m.
Wednesday evening 6- 6:30 p.m.
Thursday morning 9- 9:30 a.m.
Thursday evening 6:30 -7 p.m.
Friday morning 6:30- 7 p.m.
Friday morning 9- 9:30 a.m.
Friday evening 6-6:30 p.m.
Saturday morning 10:15- 11 a.m.

CrossFit Kids

**Brand X is proud to be
CrossFit Kids HQ**

Monday evening 5:30- 6 p.m.
Thursday evening 5:30-6 p.m.
Friday evening 5:30-6 p.m.
Saturday morning 11-11:30 a.m.
CFK Preschool (temp time) 11:30-11:50



Advanced CFK/Teens

Monday 5:30- 6 p.m.
Tuesday 4:45-5:15 Weightlifting *** *This class is currently full
Please check with the office to be put on the waiting list*
Tuesday 5:30-6 p.m.

BrandXMartialArts.com

CrossFitBrandX.com

CrossFitKids.com

..... since 1999

Brand X Self Defense & Fitness 432 Maple Street Suite 1 Ramona, Ca. 760 788 8091

Ask about our Poway Location