

Winter  
Winter  
2010

# SELF DEFENSE

## Self Defense

Israeli Self Defense  
Saturday 9-10 a.m.

## CrossFit Kids Combatives

*six week program/extra fee*  
Next Series begins mid Jan 2010 (Saturdays)

## 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** ( 4/5-12/13)  
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 8-8:30 a.m. **NEW**  
Monday morning 9-9:30 a.m.  
Monday evening 6- 6:30 p.m.  
Tuesday morning 8 -8:30 a.m.  
Tuesday morning 9- 9:30 a.m.  
Tuesday evening 6:30- 7 p. m.  
Wednesday morning 6:30-7 a.m.  
Wednesday morning 8-8:30 a.m.  
Wednesday morning 9-9:30 a.m.  
Wednesday evening 6- 6:30 p.m.  
Thursday morning 8-8:30 a.m.  
Thursday morning 9- 9:30 a.m.  
Thursday evening 6:30 -7 p.m.  
Friday morning 6:30- 7 a.m.  
Friday morning 8-8:30 a.m. **NEW**  
Friday morning 9- 9:30 a.m.  
Friday evening 6-6:30 p.m.  
Saturday morning 10:15- 11 a.m.

**Olympic and Barbell Strength Training**  
*six week program/extra fee ask about next session*

## CrossFit Kids ( 4/5 -12/13)

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 (3-5)

Saturday 11:30-11:50 am  
Tuesday 6 p.m. -6:20 p.m. **NEW**  
Thursday 6 p.m.-6:20 p.m.  
**Advanced CFK/Teens ( by invitation and 13+)**  
Monday 5:30- 6 p.m.  
Tuesday 5:00-5:30 p.m.  
Thursday 5:30-6 p.m.  
Saturday 11:30-12:00 p.m.

**Advanced CFK/Teens Weightlifting**  
\*\*\* *This class is currently full*  
*Please check with the office to be put on the waiting list*  
Tuesday 4:15-5:00 p.m.  
Thursday 4:30- 5:30 p.m. **NEW**

## Private Training and Team Training

( Sports Conditioning) By appointment contact [Debbie.crossfitbrandx@gmail.com](mailto:Debbie.crossfitbrandx@gmail.com)

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**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