

CENTRAL MAUI BOXING CLUB

Knockout Fitness · Class Schedule · Mon – Sat · Closed Sunday

MEMBERSHIPS & PRICING

KF Fitness Pass

3 classes per week — any day, any slot

\$120/mo

Fight Camp

1 class per day, 6 days a week

\$150/mo

Women's Boxing & Fitness

Mon · Wed · Fri, 6:30 – 7:30 PM

\$100/mo

Competition Team

Mon – Sat, 3:30 – 6:00 PM

\$150/mo

Youth Program

Mon – Fri, 3:30 – 6:00 PM · CMBC 501(c)(3)

FREE

Open Gym

All non-class windows

\$100/mo

Member Drop-In

Extra classes beyond your 3 per week

\$10/class

Public Drop-In

Non-members, space permitting

\$20/class

Private Coaching

By appointment with a coach

\$50/hr

HOW IT WORKS

- Morning & afternoon Knockout Fitness runs in blocks — classes start on the hour.
- KF Pass members pick any 3 classes per week from any available slot.
- Fight Camp members can attend 1 class every day, 6 days a week.
- All memberships are month-to-month. Paid members get class priority.
- Drop-ins welcome — \$20 public, \$10 for members adding an extra class.

MONDAY

6:00 AM – 9:00 PM · All Levels Welcome

6:00 – 10:00 AM

KNOCKOUT FITNESS

Boxing fitness, kickboxing, strength & conditioning — classes start on the hour

10:00 AM – 2:00 PM

OPEN GYM

Independent training, all equipment — no coach required

2:00 – 4:00 PM

KNOCKOUT FITNESS

Afternoon boxing fitness — classes start on the hour, all levels

3:30 – 6:00 PM

YOUTH PROGRAM (FREE)

Free youth boxing — fundamentals, mentorship, life skills

3:30 – 6:00 PM

COMPETITION TEAM

Competitive boxing & MMA — sparring, fight strategy (runs alongside Youth)

6:30 – 7:30 PM

WOMEN'S BOXING

Women-only boxing, kickboxing, self-defense & conditioning

8:00 – 9:00 PM

OPEN GYM

Independent training, all equipment — no coach required

Open Gym: 10 AM – 2 PM · 8 – 9 PM

TUESDAY

6:00 AM – 9:00 PM · All Levels Welcome

6:00 – 10:00 AM

KNOCKOUT FITNESS

Boxing fitness, kickboxing, strength & conditioning — classes start on the hour

10:00 AM – 2:00 PM

OPEN GYM

Independent training, all equipment — no coach required

2:00 – 4:00 PM

KNOCKOUT FITNESS

Afternoon boxing fitness — classes start on the hour, all levels

3:30 – 6:00 PM

YOUTH PROGRAM (FREE)

Free youth boxing — fundamentals, mentorship, life skills

3:30 – 6:00 PM

COMPETITION TEAM

Competitive boxing & MMA — sparring, fight strategy (runs alongside Youth)

7:00 – 8:00 PM

KNOCKOUT FITNESS

Evening boxing fitness session — all levels

8:00 – 9:00 PM

OPEN GYM

Independent training, all equipment — no coach required

Open Gym: 10 AM – 2 PM · 8 – 9 PM

WEDNESDAY

6:00 AM – 9:00 PM · All Levels Welcome

6:00 – 10:00 AM

KNOCKOUT FITNESS

Boxing fitness, kickboxing, strength & conditioning — classes start on the hour

10:00 AM – 2:00 PM

OPEN GYM

Independent training, all equipment — no coach required

2:00 – 4:00 PM

KNOCKOUT FITNESS

Afternoon boxing fitness — classes start on the hour, all levels

3:30 – 6:00 PM

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WOMEN'S BOXING

Women-only boxing, kickboxing, self-defense & conditioning

8:00 – 9:00 PM

OPEN GYM

Independent training, all equipment — no coach required

Open Gym: 10 AM – 2 PM · 8 – 9 PM

THURSDAY

6:00 AM – 9:00 PM · All Levels Welcome

6:00 – 10:00 AM

KNOCKOUT FITNESS

Boxing fitness, kickboxing, strength & conditioning — classes start on the hour

10:00 AM – 2:00 PM

OPEN GYM

Independent training, all equipment — no coach required

2:00 – 4:00 PM

KNOCKOUT FITNESS

Afternoon boxing fitness — classes start on the hour, all levels

3:30 – 6:00 PM

YOUTH PROGRAM (FREE)

Free youth boxing — fundamentals, mentorship, life skills

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KNOCKOUT FITNESS

Evening boxing fitness session — all levels

8:00 – 9:00 PM

OPEN GYM

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Open Gym: 10 AM – 2 PM · 8 – 9 PM

FRIDAY

6:00 AM – 9:00 PM · All Levels Welcome

6:00 – 10:00 AM

KNOCKOUT FITNESS

Boxing fitness, kickboxing, strength & conditioning — classes start on the hour

10:00 AM – 2:00 PM

OPEN GYM

Independent training, all equipment — no coach required

2:00 – 4:00 PM

KNOCKOUT FITNESS

Afternoon boxing fitness — classes start on the hour, all levels

3:30 – 6:00 PM

YOUTH PROGRAM (FREE)

Free youth boxing — fundamentals, mentorship, life skills

3:30 – 6:00 PM

COMPETITION TEAM

Competitive boxing & MMA — sparring, fight strategy (runs alongside Youth)

6:30 – 7:30 PM

WOMEN'S BOXING

Women-only boxing, kickboxing, self-defense & conditioning

8:00 – 9:00 PM

OPEN GYM

Independent training, all equipment — no coach required

Open Gym: 10 AM – 2 PM · 8 – 9 PM

SATURDAY

6:00 AM – 9:00 PM · All Levels Welcome

6:00 – 10:00 AM

KNOCKOUT FITNESS

Boxing fitness, kickboxing, strength & conditioning — classes start on the hour

10:00 AM – 2:00 PM

OPEN GYM

Independent training, all equipment — no coach required

2:00 – 4:00 PM

KNOCKOUT FITNESS

Afternoon boxing fitness — classes start on the hour, all levels

3:30 – 6:00 PM

COMPETITION TEAM

Competitive boxing & MMA — sparring, fight strategy (runs alongside Youth)

7:00 – 8:00 PM

KNOCKOUT FITNESS

Evening boxing fitness session — all levels

8:00 – 9:00 PM

OPEN GYM

Independent training, all equipment — no coach required

Open Gym: 10 AM – 2 PM · 8 – 9 PM · No Youth Program today