



## CLASS SCHEDULE

- o Classes are held indoors unless otherwise specified
- o Classes are capped - reserve your spot ahead of time
- o Schedule can change at any time
- o Mouth guard required for the contact and advanced classes
- o Intro classes in "Boxing All Levels" only

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
7-8 AM <b>Boxing All Levels</b>		7-8 AM <b>Boxing All Levels</b>	7-8 AM <b>Boxing Advanced</b>	7-8 AM <b>Boxing All Levels</b>		
					9-10 am <b>Boxing All Levels</b>	9-10 am <b>Boxing All Levels</b>
					10:15- 11:15 AM <b>Sparring</b>	10:10 – 11 AM <b>Strength</b>
					11:30-12:30 PM <b>Boxing All Levels</b>	
12-1pm <b>Boxing All Levels</b>	<i>OPEN GYM by Reservation 12:00 – 5:00</i>	12-1pm <b>Boxing All Levels</b>	<i>OPEN GYM by Reservation 12:00 – 5:00</i>	12-1pm <b>Boxing All Levels</b>		
<i>OPEN GYM by Reservation 1:00 – 5:00 WITH DAILY WORKOUT</i>	<i>WITH DAILY WORKOUT</i>	<i>OPEN GYM by Reservation 1:00 – 5:00 WITH DAILY WORKOUT</i>	<i>WITH DAILY WORKOUT</i>	<i>OPEN GYM by Reservation 1:00 – 5:00 WITH DAILY WORKOUT</i>		
3-4:30 pm <b>Boxing for Competition</b>	3-4:30 pm <b>Boxing for Competition</b>	3-4:30 pm <b>Boxing for Competition</b>	3-4:30 pm <b>Boxing for Competition</b>			
5-5:50 pm <b>Boxing All Levels</b>	5-5:50 pm <b>Boxing All Levels</b>	5-5:50 pm <b>Boxing All Levels</b>	5-5:50 pm <b>Boxing All Levels</b>	5-5:50 pm <b>Boxing All Levels</b>		
6-7PM <b>Boxing All Levels</b>	6-7PM <b>Boxing All Levels</b>	6-7PM <b>Boxing All Levels</b>	6-7PM <b>Boxing All Levels</b>			
7:10-8PM <b>Boxing All Levels</b>	7:10 - 8 PM <b>Boxing with Contact</b>	7:10 - 8 PM <b>Strength</b>	7:10 - 8 PM <b>Boxing with Contact</b>			

*\* Must be 12 years+ to participate in adult classes unless approved by instructor*