



CLASS SCHEDULE

- 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 Non-Members in "Boxing All Levels" only

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

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