



## CLASS SCHEDULE

Classes are capped - reserve your spot ahead of time. Schedule can change at any time. Mouth guard required for the contact and advanced classes. Non-Members in *Boxing All Levels* and *Boxing Basics* only. Must be 16 years+ to participate in adult classes unless approved by an instructor.

MONDAY		TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
7-8 AM Boxing All Levels			7-8 AM Boxing All Levels		7-8 AM Boxing All Levels		
						9-10 am Boxing Basics	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 Strength	12-1pm Boxing All Levels		12-1pm Boxing All Levels		
<i>OPEN GYM 1:00 – 5:00 please register in Mindbody</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 <i>Advanced Boxing</i>	5-5:50 pm Strength	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 <i>Advanced Boxing</i>	7-8 PM Teen Boxing	7:10 - 8 PM Strength	7:00 - 8 PM Teen Boxing	7:10 - 8 PM Boxing All Levels			