

# BOXING STRONG



Carlos J Turner

# WHAT IS BOXING STRONG



# WHAT YOU WILL LEARN



WHAT WILL BE  
FOCUSED



# COACH MASHA CAVAZOS // FOUNDER AND OWNER OF BOXING STRONG

## Specializations

Boxing (Youth, Adults, Active Older Adult)

Specialized Boxing Programs (Parkinsons,  
MS)

Athletic and Sports Conditioning

Cardio, Endurance and HIIT Training

Mobility, Balance and Coordination Training





# COACH GEORGE RIOS // PRIVATE BOXING COACH

## Specializations

Martial Arts and Combat Sports

Youth Athletics

Specialized Programs

Athletic Conditioning

Private Training



# COACH MIKAEL // MUAY THAI COACH

## Specializations

Muay Thai

MMA •

Boxing

Fight Conditioning

Calisthenics

Strength Training



# COACH CESAR MORENO // BOXING COACH

## Specializations

MMA

Wrestling

Kickboxing

Boxing





# COACH CHRISTIAN // COORDINATING TRAINER

## Specializations

Strength & Power Training

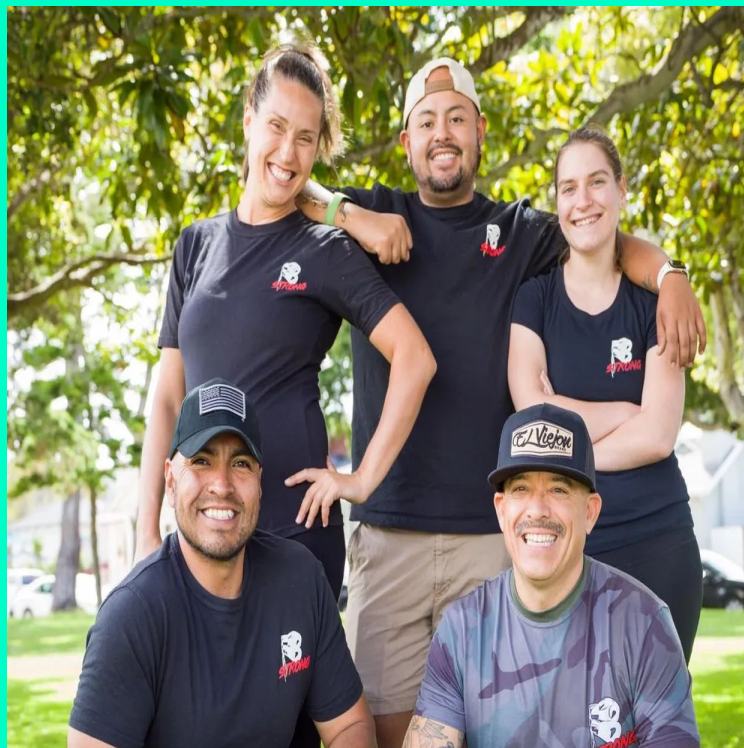
CrossFit

Dance, Swim and Movement

Cardio & Endurance Training

Kids & Teen Sports Coaching





# WHATS OFFERED

[HOME](#) [SUMMER CAMPS](#) [MEMBERSHIPS](#)



[CLASSES](#) [PRIVATE TRAINING](#) [MORE ▼](#) | 



## Group Classes

At Boxing Strong® we offer adult and youth boxing classes as well as strength and cardio fitness classes for all levels.

[CLASS SCHEDULE](#)



## Private Training

Individual, tandem and small group physical or boxing training is available for your unique fitness needs.

[BOOK](#)



## Corporate Workshops

Maximize employee potential to maximize your business. Contact us to lock in the best options for your staff.

[CONTACT US](#)





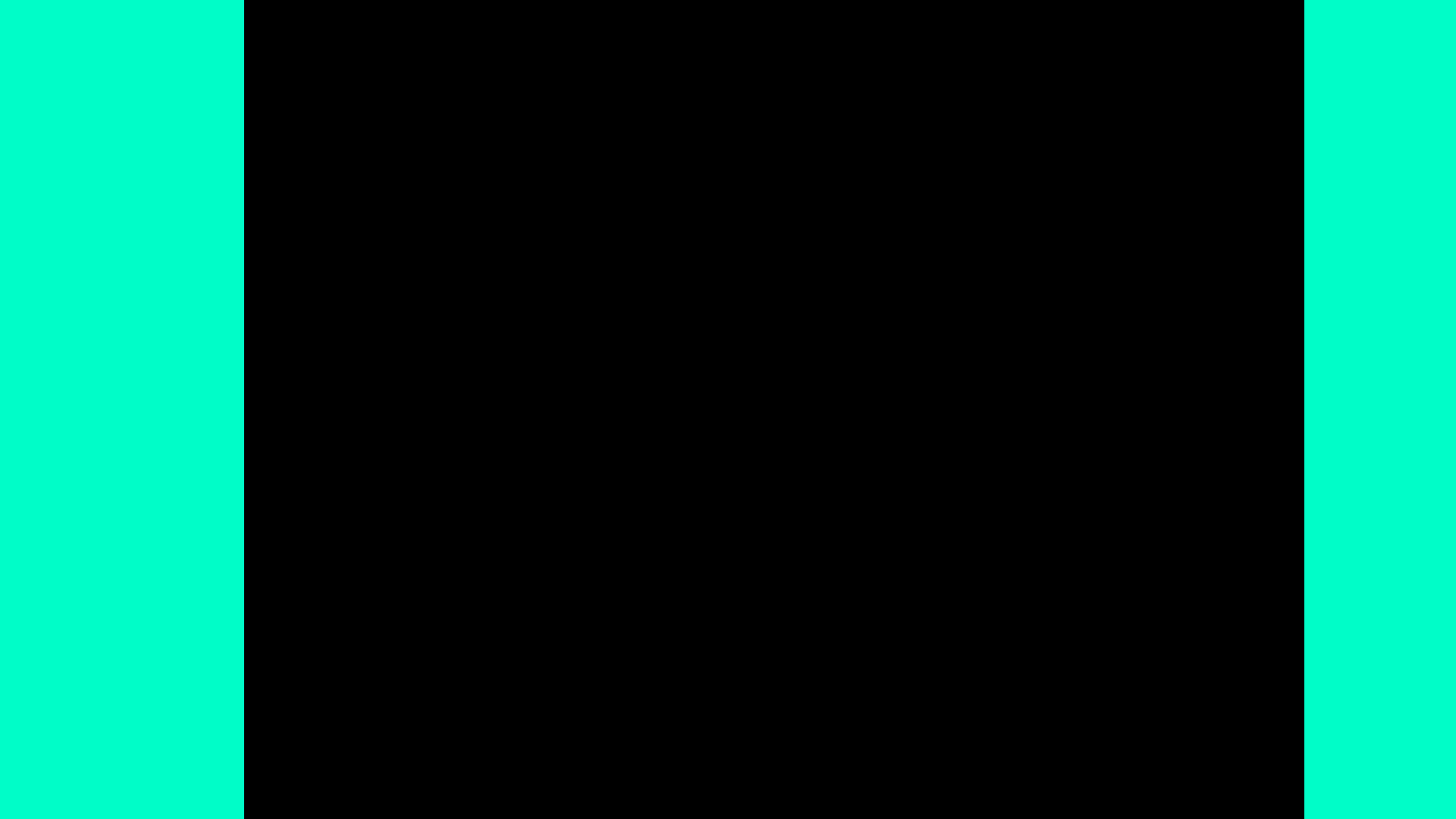
# Q1 SCHEDULE

March 2023 - May 2023

Time	Mon	Tue	Wed	Thu	Sat
Youth Boxing (7-12)		5 - 6PM		4 - 5PM	11AM-12PM
Teen Boxing (12-14)	5 - 6PM				
Boxing Strong Therapy (Kids)				5 - 5.45PM	
Muay Thai		7 - 8PM		7 - 8PM	
Kickboxing			6 - 7PM		
Adult Boxing (14+)	6 - 7PM	6 - 7PM	7 - 8PM	6 - 7PM	10 - 11AM
Sparring/Open gym	6-8 PM • Fridays: 3/10 • 3/24 • 4/14 • 4/28				



WHAT IS IT LIKE  
BEING A SERVICE  
LEARNER ?



FINAL THOUGHTS

