



For Program Levels and Training Plans - Talk to your Coach

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Boxing: Beginners Level 1 Workout Schedule - 1st 2 Months					
6:20 PM - 8:00 PM		6:20 PM - 8:00 PM			1:00 PM - 2:30 PM
Boxing: Beginners Level 2 Workout Schedule - 3+ Months					
6:20 PM - 8:00 PM		6:20 PM - 8:00 PM		6:20 PM - 8:00 PM	11:30 AM - 1:00 PM
Boxing: Intermediate Level Workout Schedule					
6:20 PM - 8:00 PM	7:50 PM - 9:30 PM	6:20 PM - 8:00 PM	7:50 PM - 9:30 PM	6:20 PM - 8:00 PM	11:30 AM - 1:00 PM
Boxing: Advanced Level Workout Schedule					
6:20 PM - 8:00 PM	7:50 PM - 9:30 PM	6:20 PM - 8:00 PM	7:50 PM - 9:30 PM	6:20 PM - 8:00 PM	10:15 AM - 11:30 AM
					11:30 AM - 1:00 PM