



# CAPO BOXING

## CLASS SCHEDULE & GYM HOURS

	MONDAY 24 HOURS	TUESDAY 7 DAYS/WEEK	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
5:30 <sub>AM</sub>	Boxing Fitness	Boxing Fitness	Boxing Fitness	Boxing Fitness	Boxing Fitness		
6:00 <sub>AM</sub>	No Gi BJJ		No Gi BJJ		No Gi BJJ		
7:00 <sub>AM</sub>	Boxing Fitness	Boxing Fitness	Boxing Fitness	Boxing Fitness	Boxing Fitness		
8:30 <sub>AM</sub>	Masters Boxing (35+)	Masters Boxing (35+)	Masters Boxing (35+)	Masters Boxing (35+)	Masters Boxing (35+)		
9:30 <sub>AM</sub>						Bag Workout All Levels	
10:00 <sub>AM</sub>						MMA (Combined Adult & Youth)	
10:30 <sub>AM</sub>	Silver Sluggers (55+)	Silver Sluggers (55+)	Silver Sluggers (55+)	Silver Sluggers (55+)	Silver Sluggers (55+)		
	Ready to Fight Parkinson's (55+)	Ready to Fight Parkinson's (55+)	Ready to Fight Parkinson's (55+)	Ready to Fight Parkinson's (55+)	Ready to Fight Parkinson's (55+)		
12:00 <sub>PM</sub>	ALL LEVELS Boxing	ALL LEVELS Boxing	ALL LEVELS Boxing	ALL LEVELS Boxing	ALL LEVELS Boxing		KEY:
4:00 <sub>PM</sub>	Boxing Fitness	Boxing Fitness	Boxing Fitness	Boxing Fitness	Boxing Fitness		Fitness Based Classes
5:00 <sub>PM</sub>	Silver Sluggers / RTF		Silver Sluggers / RTF		Muay Thai		Beginner Boxing
	Muay Thai		Wrestling				MMA
5:15 <sub>PM</sub>	Beginner Boxing	Beginner Boxing	Beginner Boxing	Beginner Boxing			Intermediate Boxing
5:20 <sub>PM</sub>	Boxing Fitness	Boxing Fitness	Boxing Fitness	Boxing Fitness	Boxing Fitness		Advanced Boxing
6:00 <sub>PM</sub>	Gi BJJ	No Gi BJJ	Gi BJJ	No Gi BJJ			Competition Boxing
		Barbell Strength		Barbell - Strength			Silver Sluggers
6:30 <sub>PM</sub>	Intermediate Boxing	Intermediate Boxing	Intermediate Boxing	Intermediate Boxing	Intermediate Boxing		Grappling
8:00 <sub>PM</sub>	Advanced Boxing	Advanced Boxing	Advanced Boxing	Advanced Boxing	Advanced Boxing		
	Competition Boxing	Competition Boxing	Competition Boxing	Competition Boxing	Competition Boxing		

FLIP FOR YOUTH/FAMILY



# CAPO BOXING

## Youth Class Schedule

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

SUNDAY

10:00 AM						MMA (Combined Adult & Youth)	
							KEY:
4:00 PM	BOXING	BOXING	BOXING	BOXING	BOXING		BOXING
4:00 PM	BJJ GI	BJJ GI	BJJ NO GI	BJJ GI	BJJ GI		MMA
4:00 PM	MMA		MMA	MMA			BJJ GI
4:00 PM	Parents Boxing Fitness	Parents Boxing Fitness	Parents Boxing Fitness	Parents Boxing Fitness	Parents Boxing Fitness		Parents
							BJJ GI

FLIP FOR ADULT