

	Sunday (Closed)	Monday (8:45 AM -7 PM)	Tuesday (8:45 AM -7 PM)	Wednesday (8:45 AM -7 PM)	Thursday (8:45 AM -7 PM)	Friday (8:45 AM -7 PM)	Saturday (9 AM -1 PM)
6:15 AM	No Class	Coming Soon	Coming Soon	Coming Soon	Coming Soon	Coming Soon	No Class
9:00 AM	No Class	Boxing	Kickboxing	Boxing	Kickboxing	Boxing	Kickboxing
12:15 PM	No Class	Coming Soon	Coming Soon	Coming Soon	Coming Soon	Coming Soon	Boxing
4:00 PM	No Class	Boxing	Kickboxing	Boxing	Kickboxing	Boxing	No Class
5:15 PM	No Class	Kickboxing	Boxing	Kickboxing	Boxing	Kickboxing	No Class
6:15 PM	No Class	Boxing	Kickboxing	Boxing	Kickboxing	Coming Soon	No Class
7:15 PM	No Class	Coming Soon	Coming Soon	Coming Soon	Coming Soon	No Class	No Class

(📌 Schedule Notice

Class times are subject to change based on attendance, instructor availability, and seasonal demand. We do our best to keep a consistent schedule, but please check back regularly for the most up-to-date class times.)