

FOUR STAR FIGHT CLUB

WEEKLY SCHEDULE

OPEN GYM | Monday - Thursday 6 AM - 8 PM | Friday 6 AM - 2 PM | Saturday 9 AM - 2 PM

Monday

6:45 AM Championship Rounds
6:00 PM Dynamic Duo Drills
6:35 PM Sparring

Tuesday

6:45 AM Fight Ready
9:00 AM Boxing Fundamentals
6:00 PM Boxing Evolution

Wednesday

6:45 AM Championship Rounds
6:00 PM Boxing Fundamentals
6:35 PM Sparring

Thursday

6:45 AM Fight Ready
6:00 PM Championship Rounds

Friday

6:45 AM Boxing Evolution
9:00 AM Boxing Fundamentals

Saturday

9:00 AM Dynamic Duo Drills
10:00 AM Sparring