

Class Schedule



	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
5:30 AM	Tapout Boxing		Boxing Bootcamp		Tapout Boxing		
45-Mins	w/ Jacolby		w/ Lawrence		w/ Wayne		
6:30 AM		Boxing Bootcamp		Tapout Boxing			
45-Mins		w/Turbo		w/ Lawrence			
7:30 AM							
45-Mins							
8:30 AM	Boxing Bootcamp		Tapout Boxing		Boxing Bootcamp		
45-Mins	w/ Jacolby		w/ Lawrence		w/ Turbo		
9:00 AM						Tapout Boxing	
45-Mins						w/ Joseph	
10:00 AM						Boxing Bootcamp	Tapout Boxing
45-Mins						w/ Joseph	w/ Joseph
11:00 AM						Tapout Kickboxing	Tapout Kickboxing
45-Mins						w/ Joseph	w/ Joseph
12:00 PM	Boxing Bootcamp		Tapout Boxing		Tapout Kickboxing		
45-Mins	w/ Jacolby		w/ Lawrence		w/ Turbo		
4:30 PM		Tapout Boxing		Boxing Bootcamp			
45-Mins		w/ Daniel		w/ Lawrence			
5:30 PM	Tapout Kickboxing	Boxing Bootcamp	Tapout Boxing	Tapout Kickboxing	Tapout Boxing		
45-Mins	w/ Joseph	w/ Daniel	w/ Joseph	w/ Lawrence	w/ Lawrence		
6:30 PM	Tapout Boxing	Tapout Kickboxing	Boxing Bootcamp	Tapout Boxing			
45-Mins	w/ Joseph	w/ Daniel	w/ Joseph	w/ Lawrence			