

★★ *The* ★★

NOTORIOUS

Boxing Club

	Sun	Mon	Tues	Wed	Thur	Fri	Sat
7AM		Notorious Signature		Notorious Signature		Notorious Signature	
9AM							ADVANCED - PRIVATE
10AM		Notorious Signature					Notorious Signature
6PM			Notorious Signature	Notorious Signature	Notorious Signature	Notorious Signature	Notorious Signature

NOTORIOUS SIGNATURE WORKOUT

Our signature workout. High-energy with focus on technique, footwork, agility, conditioning, and fighter-style drills designed to level up your skills.