



# LIONS' PRIDE BOXING



Monday	Tuesday	Wednesday	Thursday	Friday
9:00 am Boxing Cardio	8:00am Personal Training	9:00 am Boxing Cardio	8:00am Personal Training	9:00 am Boxing Cardio
10:00am Rock Steady Boxing	9:00am Personal Training	10:00am Rock Steady Boxing	9:00am Personal Training	10:00am Rock Steady Boxing
11:00am Rock Steady Boxing	10:00am Personal Training	11:00am Rock Steady Boxing	10:00am Personal Training	11:00am Rock Steady Boxing
4:30-5:30 Boxing 8-12 Yrs. Little Cubs BJJ 4-7	4:30-5:30 PAL Boxing 13-17 Yrs. Big Cubs MMA 8-12yrs	4:30-5:30 Boxing 8-12 Yrs. Little Cubs BJJ 4-7	4:30-5:30 PAL Boxing 13-17 Yrs. Big Cubs MMA 8-12yrs	4:30-5:30 Boxing 8-12 Yrs. Little Cubs BJJ 4-7
5:30-6:30 Boxing 13-17 Yrs. Big Cubs BJJ 8-12	5:30-6:30 PAL 8-12 Yrs. Teen MMA	5:30-6:30 Boxing 13-17 Yrs. Big Cubs BJJ 8-12	5:30-6:30 PAL 8-12 Yrs. Teen MMA	5:30-6:30 Boxing 13-17 Yrs. Big Cubs BJJ 8-12
6:30 pm Adult Boxing Teen/Adult BJJ	6:45 pm Competition boxing Team Adult MMA	6:30 pm Adult Boxing Teen/Adult BJJ	6:45 pm Competition boxing Team Adult MMA	6:30 pm Adult Boxing Teen/Adult BJJ
7:30 pm Adult Muay Thai	7:45 Sparring	7:30 pm Adult Muay Thai	7:45 Sparring	7:30 pm Adult Muay Thai

**Lions Pride Boxing**  
**4601 East Moody Blvd.**  
**Bunnell, FL. 32110**  
**386-586-0505**

  **Lionsprideboxingbunnell**

