

BOXING & SMALL GROUP TRAINING SCHEDULE

TUESDAY

- 12:00–12:50 PM – Lunch Break Boxing (Adults Only 18+)
- 2:00–2:50 PM – Small Group Personal Training (Adults Only 18+)
- 5:00–5:50 PM – Beginner Boxing (Adults Only 18+)

WEDNESDAY

- 5:00–5:50 AM – Boxing Conditioning (Adults Only 18+)
- 7:00–7:50 AM – Boxing Conditioning (Adults Only 18+)
- 12:00–12:50 PM – Technical Boxing (Adults Only 18+)
- 2:00–2:50 PM – Small Group Personal Training (Adults Only 18+)
- 4:00–4:50 PM – Teen Beginner Boxing (Teens Only 13+)

THURSDAY

- 5:00–5:50 AM – Boxing Conditioning (Adults Only 18+)
- 7:00–7:50 AM – Technical Boxing (Adults Only 18+)
- 12:00–12:50 PM – Boxing Strength (Adults Only 18+)
- 2:00–2:50 PM – Small Group Personal Training (Adults Only 18+)
- 4:00–4:50 PM – Technical Boxing (Teens Only 13+)

FRIDAY

- 5:00–5:50 AM – Boxing Conditioning (Adults Only 18+)
- 7:00–7:50 AM – Technical Boxing (Adults Only 18+)
- 12:00–12:50 PM – Lunch Break Boxing (Adults Only 18+)
- 2:00–2:50 PM – Small Group Personal Training (Adults Only 18+)
- 4:00–4:50 PM – Teen Open Boxing (Teens Only 13+)

INTRO OFFER: 2 Weeks (2 Classes per Week) – \$49