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## MPAC 360° Boxing Academy

4 week sessions

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Next Session Starts September 1st 2024

Class	Age Group	Days/Time	(4 week program)		Description
Tiny Athletes Program Skill Development	3 - 6 yr olds	M,T,W,Th	\$75 for 4 weeks		Our Tiny Athletes Program is designed specifically for boys and girls aged 3 to 6. This developmental program focuses on introducing the basics of sports through fun and engaging activities. Key Features: Fundamental Skills: Children will learn the basic fundamentals of various sports, including tumbling and agility drills
		11:15 - 11:45 am			
		12-12:30 pm			
		3:15 - 3:45 pm	Drop-In	\$10 per Class	

Class	Age Group	Days/Time	(4 week program)		Description
Intro to Youth Boxing- Beginners	2nd-5th grades	Tues & Thur	Non-Members	\$75 for 4 weeks	We understand that parents may have concerns about boxing as a sport. Our program is designed with beginners in mind, emphasizing safety and gradual skill development. Our experienced instructors ensure that each child progresses at their own pace, building confidence and physical fitness. This is a fantastic opportunity for kids to stay active, learn discipline, and develop new skills in a supportive and encouraging atmosphere.
	6th - 8th grades	4:00 - 4:45pm	Membership	\$50 per month	

Class	Age Group	Days/Time	(4 week program)		Description
Teen Boxing for Beginners	13 - 18 yr olds	M,T,W,Th	Membership	\$75 per month	Our Teen Boxing Program at MPAC 360° is designed to empower young athletes aged 13-18 through comprehensive boxing training. This program focuses on developing essential skills, physical fitness, and mental toughness in a supportive and structured environment.
		4:30 - 5:30pm	unlimited classes		
			Drop-In	\$20 per Class	

Class	Age Group	Days/Time		(4 week program)		Description
Adult Boxing	18+	M,W,F	Sat	Membership	\$100 per month	The Adult Boxing Program at Boxon is designed for individuals seeking to improve their fitness, learn self-defense, and pursue boxing at a competitive or recreational level. Whether you are a beginner or an experienced boxer, our program provides the training and support you need to achieve your goals.
		6:15 am - 7:30am	10-11:30am	unlimited classes		
		M,T, W,Th 5:30-7:30 pm		Drop-In	\$20 per Class	
						<b>Adult Membership Program:</b> Attend an unlimited number of classes with full access to use boxing equipment during non-class hours when MPAC 360° is open. It also includes full access to 360 Fitness, our 24/7 workout gym located on Sweeten Creek Road.

360° Boxing offers heavy bags, wrestling mats, and other equipment available for both Members and Non-Members to use when classes are not in session. Non-Members can use the equipment all day for \$20, while Members can use it for free.