



MPAC 360°

Youth Boxing & Wrestling

Register at www.MPAC360.com



Times	Monday	Tues	Wed	Thu	Fri	Sat	Sun
11:00 - 4:00 pm	Open for Workouts	Open for Workouts	Open for Workouts	Open for Workouts	"The Valkyrie Squad" Girls Wrestling Mat Goddesses Workout All Ages-Drop in 6:00 - 8:00 pm	Boxing Competition Team 7-9 yr olds -12:30pm 10-14 yr olds -2:00 pm	Sun Facility Open 1:30-6pm
	Mat Cleaning						
4:30 - 5:15 pm	Boxing -(Pre-K to 6th grade) Wrestling (Pre-K to 6th grade)	Boxing -(Pre-K to 6th grade) Wrestling (Pre-K to 6th grade)	Boxing -(Pre-K to 6th grade) Live Wrestling Weds (Class vs Class competition)	Boxing -(Pre-K to 6th grade) Wrestling (Pre-K to 6th grade)			
5:30 - 6:15 pm	Wrestling (Pre-K to 6th grade)	Wrestling (Pre-K to 6th grade)	Wrestling (Pre-K to 6th grade)	Wrestling (Pre-K to 6th grade)	WOD Work out of the Day & Skill & Strength Training 6:00 - 8:00 pm	Wrestling Club & Travel Team Practice All Ages - 3pm	
6:30 - 7:15 pm	Wrestling (Middle & High School)	Wrestling (Middle & High School)	Wrestling (Middle & High School)	Wrestling (Middle & High School)			

Adult & Teen Boxing

Times	Monday	Tues	Wed	Thu	Fri	Sat	Sun
6:15 am - 7:30 am	Adult Boxing		Adult Boxing		Adult Boxing		
11:00 - 5:00 pm	Open for Workouts	Open for Workouts	Open for Workouts	Open for Workouts	MMA Class 6:00 - 8:00 pm	Tee/Adult Boxing 10:30am - 12	Facility Open for workouts
	Ring Cleaning						MMA Class 12-1 pm
5:30 - 6:30 pm	Teen/Adult boxing	Teen/Adult boxing	Teen/Adult boxing MMA Class 6:00 pm	Teen/Adult boxing	Facility Open for workouts 10:30 - 8pm	Facility Open for workouts 10:30 - 8pm	

MPAC 360°

Quick Facts

- **MPAC 360° is more than just a gym;** it is the area's premier athletic training center. We specialize in skill development for all sports, with a particular emphasis on boxing and wrestling for ages 3 and up, including seniors. We welcome athletes of every skill level and ability.
- Formerly known as **Oakley Boxing**, rebranded as **MPAC 360°** to expand and serve the region.

Programs and Events:

Youth and Adult classes are offered for ages 3 to 18.
Classes and programs are available for beginners, amateurs, and professionals.
Amateur boxing and Wrestling events take place every other month at MPAC 360°.

<u>Hours & Availability</u>	<u>Memberships</u>
<ul style="list-style-type: none">➤ Open 7 days a week, 364 days a year.➤ Monday to Saturday: 11 AM to 6 PM➤ Sunday: 12 PM to 6 PM➤ Adult and youth classes are offered every day of the week.➤ Members can train any time we are open.➤ <u>GYJci q'UH `Yhg\ Uj Y the option to train 7 days a week if they choose.</u>	<ul style="list-style-type: none">➤ No Sign-up Fee➤ No Contract - Cancel Anytime➤ Unlimited classes➤ Facility access 7 days a week➤ <u>Youth Membership (\$50/month)</u>➤ <u>Teen Membership (\$75/month)</u>➤ <u>Adult Membership (\$100/month) includes access to 24/7 weight room</u>

Drop-in Options

Drop-in class: \$20 per class

Facility Day-pass: \$20 for full-day access to the facility. (come and go freely all day).

Personal One-on-One or Group Training

- **\$45/hour** for Boxing, Wrestling or other personal training

Boxing and Sparring

To **spar** in the boxing ring, members must attend classes and receive approval from instructors.
No drop-in sparring without coaching.

Mission & Philosophy

- **Eliminate barriers** for athletes of all ages to achieve their goals.
- **Low-cost** programs to ensure fitness is accessible without sacrificing living expenses.
- **Regional training center** for **peak performance** in **speed, agility, and skill development.**
- **7 days a week** access to facilities for **boxing and wrestling** training.