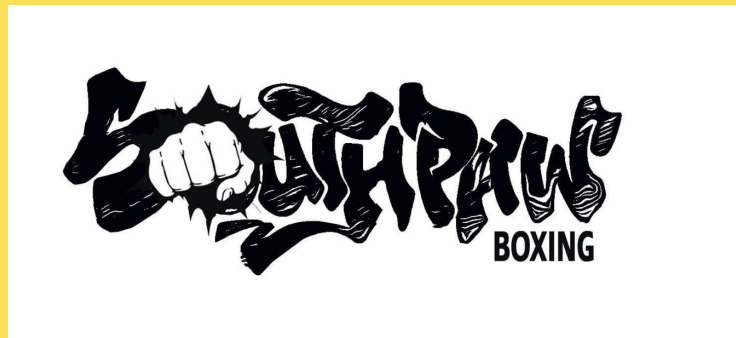


**YOUTH**  
**ADULT**  
**BOXING PROGRAM**



Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Kickboxing 5:30am	Boxing 9:00am	Boxing 5:30am	Boxing 9:00am	Boxing 5:30am	Boxing 7:00am	Bag Drills 8:30am
YOUTH 5:00pm	Boxing 5:00pm	YOUTH ADV 4:30pm	YOUTH 5:00pm		Boxing 8:00am	
Kickboxing 5:30pm		Boxing 5:00pm	Boxing 5:30pm	Striking 5:30pm	YOUTH 9:00am	
Boxing Skills 6:15pm	Mitts 6:00pm	YOUTH ADV 5:15pm	Mitts 6:15pm		Boxing Skills 10:00am	
Striking 6:30pm	YOUTH 6:30pm	Bag Drills 6:00pm				
	Sparring 7:15pm		Sparring 7:15pm			

