

WEEKLY SCHEDULE

2025



MON	TUE	WED	THU	FRI	SAT	SUN
Kickbox BURN 5:30am	Box SWEAT 9am	Box SWEAT 5:30am	Box SWEAT 9am	Box SWEAT 5:30am	Box SWEAT 7am	Box STRONG 8:30am
Youth 5pm	Box SWEAT 5pm	Youth ADV. 4:30pm	Youth 5pm		Box SWEAT 8am	
Kickbox BURN 5:30pm	Mitts 6pm	Box SWEAT 5pm	Box SWEAT 5:30pm	Kickbox BURN 5:30pm	Youth 9am	
Boxing Skills 6:15PM	Youth 6:30pm	Youth ADV. 5:15pm	Mitts 6:15PM		Boxing Skills 10am	
Box SWEAT 6:30pm	Sparring 7:15	Box STRONG 6pm	Sparring 7:15pm			

YOUTH ADULT BOXING PROGRAM

Schedule subject to change.
More info visit southpaw-boxing.com