

Ringside Fitness Class Schedule

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
10 - 11 AM						
11 - 12 PM						Boxing 10 rounds
12.30 - 1.30 PM	Boxing Warrior Training	Boxing HIIT	Boxing Padwork & Sweat	Boxing Technical Sparring	Boxing 12 rounds	Kick Boxing/ Muay Thai
2 - 3 PM						Boxing Technical Sparring & Warrior Training
3 - 4 PM						MMA Ground & Pound
3 - 4 PM						
4 - 5 PM						
5 - 6 PM						
6.30 - 7.30 PM	Boxing Warrior Training	Boxing HIIT	Kick Boxing / Muay Thai	Boxing Technical Sparring	Kick Boxing / Muay Thai	
7.30 - 8.30 PM	Fundamentals of MMA	Kick Boxing / Muay Thai	Boxing Padwork & Sweat	Kick Boxing / Muay Thai	Boxing Punchouts	
8.30 - 9.30 PM	Strength & Conditioning	Boxing Warrior Training	Strength & Conditioning	MMA	Boxing Warrior Training	