

Ringside Fitness Boxing Class Schedule (MAR/APR 2023)

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
10 - 11 AM						
11 - 12 PM						10 Rounds (Coach Ash)
12 - 1 PM						Padwork & Sweat (Coach Jordan)
1 - 2 PM						GYM CLOSSES AT 1.30PM
2 - 3 PM						
3 - 4 PM						
4 - 5 PM	Personal Training	Personal Training	Personal Training	Personal Training	Personal Training	
5 - 6 PM						
6.15 - 7.15	Boxing Level 1 & 2 (Coach Alexis)	Box Con (Coach Andrei)	Open Session / PT	Boxing Level 1 & 2 (Coach Alexis)	Box Con (Coach Andrei)	
7.15- 8.15 PM	Pyramid Boxing (Coach Alexis)	Road to Sparring (Coach Alexis)	Punchouts (Coach Ash)	Padwork & Sweat (Coach Alexis)	Box & Burn (Coach Jordan)	
8.15 - 9.15 PM	HIIT S & C (Coach Herna)	Muay Thai Level 1 (Coach Ismail)	HIIT S & C (Coach Herna)	Boxing HIIT (Coach Ash)	GYM CLOSSES AT 9PM	
	GYM CLOSSES AT 10PM	GYM CLOSSES AT 10PM	GYM CLOSSES AT 10PM	GYM CLOSSES AT 10PM		

Note: 10 mins Warm Up to be done before training & 10 mins Cool Down after training.

Personal Training	One on One personal training with a coach. Assisting individuals to reach their fitness goals and desired targets.
Boxing Level 1 & 2	Boxing for both beginners and intermediate focusing on mastering proper punches and footwork. You will be taught the correct stance, techniques and fundamentals of boxing.
HIIT S & C	High intensity workout that combines different exercises executed in short and intense intervals. This workout integrates cardio, resistance, endurance and mobility training.
Pyramid Boxing	Using punch bags together with partner drills. Combinations in sets of five. Sets will increase to the top of a pyramid and then descend to completion. This is great for developing hand speed, hand-eye coordination, punch accuracy, timing and balance.
10 Rounds	Built around the core moves and principles of boxing which are the jabs, crosses, uppercuts, hooks, defensive slips and rolls, footwork, core work and cardio conditioning. 10 x 3-minute rounds.
Punchouts	Round after round on the punch bags to build stamina and to improve your physical endurance coupled with floor exercises for strength and mobility.
Box Con	Boxing specific strength and conditioning focusing on explosive movements, speed and power.
Road to Sparring	Sparring techniques for those ready to take their training to the next level. Using controlled contact, live-action simulation to prepare for real boxing and fight competition.
Padwork & Sweat	Focus on padwork, which teaches striking and correct punching technique. Great for sharpening reflexes and conditioning the body.
Boxing HIIT	Involves several movements such as the jab, the cross, the hook, and the uppercut. In addition, a series of exercises are incorporated such as jumping rope, jumping jacks, burpees, squats and high-knees. Exceptional workout to reduce body fat, enhance the cardiovascular system and to improve body shape.
Muay Thai Level 1	Individuals will learn the stances and footwork, including punches and kicks.