

# 2023 Gym Schedule

## Monday's

5pm – Open Gym

6pm – Kid's Boxing

7pm – Open gym

8pm – FMA (Tactical Martial Arts  
Self Defense) Class



## Tuesday's

4pm – Open Gym

5pm – Open Gym

6pm - Boxing / Fitness Class

7pm – Advanced Boxing Class

## Wednesday's

5pm – Open Gym

6pm – Sparring Class

7pm – Circuit Training

## Thursday's

4pm - Open Gym

5pm – Youth Open Gym

6pm – Boxing / Fitness Class

7pm – Competitive Boxing Class /  
Sparring