

# 2024 Scardina's Boxing - Gym Schedule

## Monday's

10am – 6pm – Open Gym

10:30am – 11am – Boxing Circuit Class

6pm – 6:45pm - Kid's Boxing

7pm – 7:45pm – Beginner's Boxing Class

7:45pm – 8:30pm – Intermediate Boxing Class

## Tuesday's

10am – 6pm - Open Gym

10:30am – 11am – Tabata Boxing Fitness Class

6pm – 6:45pm – Intermediate Level -2 Boxing Class

7pm 7:45pm - Advanced Boxing Class

## Wednesday's

10am – 6pm – Open Gym

10:30am – 11am – Boxing Circuit Class

6pm – 7pm - FMA Self-Defense / DBCF Class

7pm – 8pm - Sparring

## Thursday's

10am – 4pm / Open Gym

10:30am – 11am Tabata Boxing Fitness Class

5pm – 5:45pm / Kids Boxing Level-2

6pm - 6:45pm – Open Gym

7pm – 7:45pm – Competitive Boxing Class

## Saturday's

11am to 11:45am Prime Time Boxing Class Ages 30 to 50

11:45am – 1:15pm – Open Gym

1:15pm to 2pm – Kids Open Gym

