

Dominguez boxing club Beginner Class Schedule

Monday to Friday: ONLY ADULTS 18 + SCHEDULED

Time	Activity	Details
4:30 TO 8:00	Boxing Basics	Introduction to punches, stance, footwork, and defense.
4:30 TO 8:00	Strength & Conditioning	Bodyweight exercises, basic boxing fitness drills.
4:30 TO 8:00	Open Gym Time	Free training (bags, shadowboxing, light drills).
4:30 TO 8:00	Fundamental Techniques	Focus on proper punching form, basic combinations.
4:30 TO 8:00	Cardio Boxing Class	High-intensity cardio workout with boxing moves.
4:30 TO 8:00	Open Gym Time	Free training (bags, mitts, and technique practice).

Saturday:

Time	Activity	Details
9:00 AM TO 12:00 PM	Weekend Boxing Bootcamp	A mix of cardio and boxing basics.
9:00 AM TO 12:00 PM	Sparring Fundamentals	Introduction to sparring (light sparring with trainer supervision).
9:00 AM TO 12:00 PM	Boxing Technique Class	Focus on improving basic punches, combos, and movement.
9:00 AM TO 12:00 PM	Core & Stability Training	Core strength exercises for better boxing performance.
9:00 AM TO 12:00 PM	Open Gym Time	Free training (bags, mitts, etc.).

Sunday:

Time	Activity	Details
BY APP	Private Sessions	One-on-one training (by appointment).
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Notes:

Open Gym Time:
Members can use equipment (bags, mitts, Advanced Classes:
Emphasize fight preparation, ring strategy,

Private Sessions:
One-on-one coaching is available by Class Registration:
Classes can be booked online or in person.

Sparring Classes:
Available for advanced members or those cleared by a coach.