

Dominguez boxing club Advanced Boxing Class Schedule

Monday to Friday: *ONLY ADULTS 18 + SCHEDULED*

<i>Time</i>	<i>Activity</i>	<i>Details</i>
4:30 AM TO 8:00 PM	Advanced Technique Training	Combos, counter-punching, and defensive strategies.
4:30 AM TO 8:00 PM	Strength & Conditioning	Boxing-specific fitness circuits, plyometrics, and strength drills.
4:30 AM TO 8:00 PM	Open Gym Time	Free training (mitt work, shadowboxing, etc.).
4:30 AM TO 8:00 PM	Sparring & Strategy Class	Light to moderate sparring, strategy, and applying techniques under pressure.
4:30 AM TO 8:00 PM	Footwork & Movement Class	Focus on improving agility, ring control, and positioning.
4:30 AM TO 8:00 PM	Open Gym Time	Free training (bags, mitts, sparring, etc.).

Saturday:

<i>Time</i>	<i>Activity</i>	<i>Details</i>
9:00 AM TO 12:00 PM	Boxing Bootcamp	High-intensity boxing drills, focused on endurance and power.
9:00 AM TO 12:00 PM	Advanced Sparring	Full sparring sessions for experienced boxers (trainer supervision).
9:00 AM TO 12:00 PM	Advanced Punching Combinations	Complex combinations, power punches, and defensive counters.
9:00 AM TO 12:00 PM	Strength & Conditioning	Heavy bag work, plyometrics, and resistance training.
9:00 AM TO 12:00 PM	Open Gym Time	Free training (sparring, bags, mitts, etc.).

Sunday:

<i>Time</i>	<i>Activity</i>	<i>Details</i>
BY APP	Private Sessions	One-on-one training (by appointment).
BY APP	Private Sessions	One-on-one training (by appointment).
BY APP	Private Sessions	One-on-one training (by appointment).
BY APP	Private Sessions	One-on-one training (by appointment).

Notes:

Open Gym Time:

Members can use equipment (bags, mitts, shadowboxing, etc.) or work on specific techniques independently.

Advanced Classes:

Emphasize fight preparation, ring strategy, and high-intensity training.

Private Sessions:

One-on-one coaching is available by appointment.

Class Registration:

Classes can be booked online or in person. Advanced classes require prior approval or coach clearance

Sparring Classes:

Available for advanced members or those cleared by a coach.