

Playboxing Program Hours for the City of Hialeah @Cotson Park

| Session | Activities | Age Groups | Weekly Sessions Qty | Monthly Sessions Qty | Mon | Tue | Wed | Thu | Fri |
|--------------------|------------------------------|-----------------------|---------------------|----------------------|---------|---------|--|---------|---------|
| Morning Sessions | <i>Brain Warm-Up Seniors</i> | +55 | 2 | 8 | 8:30 AM | 8:30 AM | | | |
| | <i>Playboxing Adults</i> | 18 to 54 | 2 | 8 | 9:30 AM | 9:30 AM | | | |
| Afternoon Sessions | <i>Playboxing Family</i> | 4 to 8 & a Parent | 2* | 8* | 5:15 PM | | | 5:15 PM | |
| | <i>Playboxing Kids</i> | 9 to 13 | 3 | 12 | | 5:15 PM | 5:15 PM | | 5:15 PM |
| | <i>Playboxing Kids</i> | 14 to 17 | 3 | 12 | 7:00 PM | | 7:00 PM (with a Parent) | | 6:00 PM |
| | <i>Playboxing Women</i> | 18 to 54 | 2 | 8 | | 6:00 PM | | 6:00 PM | |
| | <i>Playboxing Leveled</i> | White to Black Levels | 3 | 12 | 6:00 PM | | 6:00 PM | | 6:00 PM |
| | <i>Playboxing Adults</i> | 18 to 54 | 3 | 12 | | 7:00 PM | 7:00 PM (with a 14 to 17 years old kid) | 7:00 PM | |