

| <b><u>MONDAY</u></b>                       | <b><u>TUESDAY</u></b>                   | <b><u>WEDNESDAY</u></b>                    | <b><u>THURSDAY</u></b>            | <b><u>FRIDAY</u></b>                       | <b><u>SATURDAY</u></b>                     | <b><u>SUNDAY</u></b>             |
|--|---|--|-----------------------------------|--|--|----------------------------------|
| Early Bird<br>Boxing<br>6:30am-7:30am      |   | Early Bird<br>Boxing<br>6:30am-7:30am      |                                   | Early Bird<br>Boxing<br>6:30am-7:30am      | Kids Boxing<br>11am-12pm                   |                                  |
| Lunch Boxing<br>12pm-1pm                   | Lunch Boxing<br>12pm-1pm                | Lunch Boxing<br>12pm-1pm                   | Lunch Boxing<br>12pm-1pm          |  | Recreational<br>Boxing<br>2pm-3pm          | Fighters Only<br>Sparring<br>2pm |
|  |   |  |                                   |  | Fighters Only<br>Advanced Class<br>3pm-4pm |                                  |
|  | Kids Boxing<br>4:30-5:15                | Fighters Only<br>Advanced Class<br>5pm-6pm | Kids Boxing<br>4:30-5:15          | Fighters Only<br>Advanced Class<br>5pm-6pm |  |                                  |
| Fighters Only<br>Advanced Class<br>5pm-6pm | Women's Only<br>Boxing<br>6pm-7pm       | Bag fitness<br>6pm-7pm                     | Women's Only<br>Boxing<br>6pm-7pm | Bag fitness<br>6pm-7pm                     |  |                                  |
| Recreational<br>Boxing<br>7:30pm-8:30pm    | Recreational<br>Boxing<br>7:30pm-8:30pm | Recreational<br>Boxing<br>7:30pm-8:30pm    | Fighters Only<br>Sparring<br>7pm  | Recreational<br>Boxing<br>7:30pm-8:30pm    |  | Bag Fitness<br>5pm-6pm           |