



CLASS AND OPEN GYM SCHEDULE

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
6:45 - 7:35am Fitness Boxing	6:45 - 7:35am Fitness Boxing	6:45 - 7:35am Fitness Boxing	6:45 - 7:35am Fitness Boxing	6:45 - 7:35am Fitness Boxing	8:00 - 9:00 am Technical Sparring	
					9:00 - 9:50 am Technical Boxing	
					10:00 - 10:50am Fitness Boxing	10:00 - 10:50 am Women's Fitness Boxing taught by Sara Bailey
					11:00 - 11:50 am YOUTH BOXING	11:00 - 11:50 am Technical Boxing
					11:00 - 11:45 am Little Warriors Boxing	
12:00 - 12:50 pm Fitness Boxing	12:00 - 12:50 pm Fitness Boxing	12:00 - 12:50 pm Fitness Boxing	12:00 - 12:50 pm Fitness Boxing	12:00 - 12:50 pm Fitness Boxing		12:00 - 12:50 pm MMA
	4:30 - 5:20 pm YOUTH BOXING		4:30 - 5:20 pm YOUTH BOXING			
	4:30 - 5:15 pm Little Warriors Boxing					
5:30 - 6:20 pm Muay Thai		5:30 - 6:20 pm Muay Thai				
5:30 - 6:20 pm Technical Boxing	5:30 - 6:20 pm Technical Boxing	5:30 - 6:20 pm Technical Boxing	5:30 - 6:20 pm Technical Boxing	5:00 - 5:50 pm Strength and Conditioning		
6:00 pm - 6:50 pm Women's Only Strength Training		6:30 pm - 7:20 p.m. Women's Only Strength Training	6:30 - 7:20 pm Fitness Boxing			
6:30 - 7:20 pm Fitness Boxing	6:30 - 7:20 pm Fitness Boxing	6:30 - 7:20 pm YOUTH BOXING				
7:30 - 8:20 pm Technical Sparring		7:30 - 8:20 pm Strength and Conditioning				
NOTE: OPEN GYM SESSIONS OCCUR THROUGHOUT HOURS OF OPERATION ALL GROUPS CLASSES AND OPEN GYM SESSIONS MUST BE PREBOOKED ON OUR APP.						

GROUP CLASSES

- Fitness Boxing
- Technical Boxing
- Technical Sparring
- Strength and Conditioning
- Muay Thai
- YOUTH BOXING
- Women's Only Strength Training
- Little Warriors Boxing
- Women's Fitness Boxing taught by Sara Bailey
- MMA

HOURS OF OPERATION

6:00 am-9:00 pm	Monday
6:00 am-9:00 pm	Tuesday
6:00 am-9:00 pm	Wednesday
6:00 am-9:00 pm	Thursday
6:00 am-8:30 pm	Friday
8:00 am-3:00 pm	Saturday
10:00 am-2:00 pm	Sunday

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